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What are the Best New Product Awards?

Last Thursday, the 2009 Best New Product Awards were announced to a waiting audience. If you haven't heard of them, perhaps you should.

"It's based on a random survey involving over 25,000 Canadian consumers," explains Robert Levy, President of BrandSpark (the company behind the Best New Product Awards), "so it really is a window on the Canadian principal grocery shopper; it's national, and it's both English and French."

The criteria of any winner of a Best New Product Award, says Robert, is based on two equal factors: "If you don't find the product appealing – either the packaging or the name or what it is – you're not going to buy it. And if you aren't satisfied in a way that it met your needs and met your expectations and that you're prepared to purchase it again... we developed this methodology with marketers to make it as close as possible to a real life situation – so it's as close as it can be to the recommendation of a friend."

In the food category, the emphasis was on convenience and nutrition – with a side of sweet-toothed indulgence, of course. For personal care, the majority tended to lean towards branding that smacked of guilty pleasures and lasting satisfaction. In household products, environmental concerns were prevalent. Throughout the categories, ultimately, consumers made it clear that they are looking to get more bang for their buck through more concentration and power with less packaging, and this was reflected in this year's Awards.

"Metro is delighted to be a sponsor of the Best New Product Awards this year," enthuses Bill McDonald, Metro's English Canada Group Publisher. "Very much like the innovation Metro offers to readers and advertisers alike, these awards celebrate innovative new consumer packaged goods products as chosen by consumers. At Metro we take great lengths to listen to our readers through programs like the Metro Life Panel, letters to the editor, etc. Our participation in the Best New Product Awards is an extension of that commitment to listen."

By Lori Dance

2009 Best New Product Award Winners

- ✓Air Wick Odour Stop Aerosols
- ✓Arm & Hammer® Odour Alert Clumping Cat Litter
- ✓Astro BioBest Smoothie
- ✓Astro BioBest Vitalite Yogurt
- ✓Becel Buttery Taste Margarine
- ✓Blistex Deep Renewal Anti-aging Lip Treatment
- ✓Casa Di Mama Pizza
- ✓Cover Girl LashBlast Mascara
- ✓Cover Girl TruBlend Boutique
- ✓Craisins® Sweetened Dried Cranberries 100 Calorie Pack
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- ✓Dove Antiperspirant
- ✓Dove Body Wash
- ✓Duracell Rechargable Batteries
- ✓Garden of Eatin® Multigrain tortilla chips.
- ✓Gillette Fusion Power Phenom
- ✓Gillette Venus Embrace
- ✓Glad 100% Compostable/Biodegradable Kitchen Bags
- ✓Green Works Natural Cleaners
- ✓Grissol Crispy Baguettes Rosemary & Olive Oil Flavour
- ✓Herbal Essences Long Term Relationship Leave In Split End protector
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- ✓Knorr Colourful Soups
- ✓Knorr Sides Plus Veggies
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- ✓Maple Leaf Simply Savour™ Grilled Chicken Breast Strips Value Pack
- ✓Pulsar Pro-Health Manual Toothbrush
- ✓Skintastic® OFF!® FamilyCare Insect Repellent Towelettes
- ✓Sun Rype 100% Juice
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- ✓Vaseline Cocoa Butter Body Lotion

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Celebrity Buzz pg 28

Manson, Wood reunited?

Fashion **Week**

London catwalk
Metro's Kenya Hunt explains why London Fashion Week had a celebratory vibe to it, with details on all the latest fashion trends, pg 20

Want to achieve those red carpet hair looks? Metro has tips, pg 22

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food
• Wine columnist Peter Rockwell introduces us to some budget vintages, pg 18

• Looking for a place to eat that won't leave a hole in your wallet? Check out Metro's Meal for a Steal, pg 18

Tomorrow
• Canada — Some family-friendly and dirt cheap ways to have fun

Please recycle

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Adoracion Kabyn, a cook at GM Place, is taking part in a rally tomorrow in support of a better contract. She is also worried she will be forced to take an unpaid leave during the 2010 Olympics if her company isn't chosen as the official food provider for the Games.

GM Place workers set to rally for job conditions

FERNANDO CARNEIRO
fernando.carneiro@metronews.ca

Hundreds of GM Place workers are expected to rally tomorrow outside The Garage to ask for better working conditions.

Food service workers have been without a contract since December and some say the uncertainty of not knowing whether they'll have work during the 2010 Olympics is "scary."

Adoracion Kabyn, a 12-year employee, said she's looking for better wages and job security.

"I'm getting $11.84 as a cook," Kabyn said. "They used to have seven cooks before, then they cut, cut, cut and we now work with three."

"This is my only job."

Michelle Travis, with the B.C. Hotel Workers and Food Services Workers Union, said a rally attended by about 185 employees was held inside GM Place before Vancouver's game against the Chicago Blackhawks on Feb. 7.

"There are about 500 female workers and they only have about 250 lockers," Travis said. "They end up having to change in each other's space or leaving their belongings unlocked."

The roughly 250 male employees each have a locker.

Kabyn said she feels disrespected.

"If they leave the (locker) door open and you're not looking it hits you in the face," she said, adding that when she left her boots unlocked they were stolen.

Kristine Grow, a spokesperson for Aramark, the company that operates the concessions at GM Place, said they are "working tirelessly" to reach a new agreement.

"The locker room issue is something we're looking to fix," she said.

She added that she doesn't know if Aramark will be the food service provider for the Vancouver Games.

"It'll be up to the Olympic committee to decide that."

ShareYourViews
vancouverletters@metronews.ca

Wife dies as husband's SOS ignored

KRISTA SYLVESTER
Metro Canada

GOLDEN A woman is dead after she and her husband were missing for 10 days despite four SOS distress signals carved into the snow of the Rocky Mountains, according to officials.

What can only be described as a tragic ending to a terrible ordeal for Quebec couple 51-year-old Gilles Blackburn and 44-year-old Marie Jose Fortin, has left questions of how the tourists were stranded for over a week without help, despite repeated attempts to alert authorities.

The couple were skiing at Kicking Horse Mountain Resort in Golden, B.C., for the Valentine's Day weekend when they got lost in the back country Feb. 15. According to authorities, they were not prepared for the conditions and didn't have food or water, except for two granola bars.

When help finally reached Blackburn, his wife had already succumbed to the conditions days earlier, according to RCMP.

"It's just terrible, it's very tragic" Cpl. Annie Linteau of the RCMP said.

Purcell Helicopter Skiing initially spotted the first SOS in the snow on Feb. 17 and notified Golden Search and Rescue. On Feb. 21, they saw two more SOS symbols in the snow and this time contacted Golden RCMP.

But according to Linteau, no searches were conducted because after checking with the ski resort, there was no missing equipment or cars left behind.

Blackburn is recovering in hospital with frostbite.

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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BCIT gets $1M boost for Rivers Institute
BCIT has received a $1-million donation to help build the Rivers Institute at the school. Projects at the new institute will include protecting habitats along the Fraser River from Hope to Mission, and restoring creeks in Burnaby. METRO VANCOUVER

Local

A Manlicious evening

Indie rocker Hawksley Workman, left, will be performing at the Commodore Ballroom tomorrow at 8 p.m. to promote his newest album, Los Manlicious. Calgary musician Chad VanGaalen is set to open the show. METRO VANCOUVER

News in brief

CHILDREN A report by the Ministry of Children and Families says children are being placed "wherever room can be found," news1130.com reports. The result is a low graduation rate and involvement in crime.

WEAPONS Two Surrey men are facing gun charges after police raided a Newton home. Fushpinder Singh Brar, 24, and Gurpinder Singh Brar, 21, were allegedly found with pistols, a shotgun and ammunition, as well as drugs and forged credit cards. METRO NEWS SERVICES

metronews.ca
What's online today.

Read Hollywood Rants on whether Woody Allen is a virtuoso — or a creepy old man.

Watch TV's Jon Stewart has some choice words about Obama's trip to Ottawa at **metronews.ca/canada**

Lotteries

Lotto 6/49	5, 11, 26, 31, 36 & 39 Bonus 4
BC 49	4, 14, 15, 26, 40 & 48 Bonus 16
Extra	4, 7, 54, 57

These results are not official.

Victim seemed 'disturbed'

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The first RCMP officer to encounter Robert Dziekanski at Vancouver's airport had a "gut" feeling that the Polish immigrant meant to start a fight with police despite his calm demeanour.

Const. Bill Bentley told the Braidwood Inquiry yesterday that as Dziekanski stared at the approaching officers, his eyes were "wide" and his hands were at his side.

Bentley said he felt the man's behaviour was not that of a rational person and that he might be "emotionally disturbed and unpredictable."

"When we initially engaged him he was co-operative," said Bentley, who had been assigned to the RCMP airport sub-detachment a month and a half before the incident.

"(The gut feeling) was just a thought that I kept in the back of my head, just to be prepared."

JEFF HODSON /METRO VANCOUVER

Const. Bill Bentley arrives at the Braidwood Inquiry in Vancouver yesterday.

The feeling, Bentley said, prompted him to ask the other Mounties whether anyone was armed with a Taser.

Dziekanski, 40, died in the early morning of Oct. 14 after he was Tasered in a confrontation with the RCMP. Records show that the Taser was fired five times and for a total of 31 seconds.

As the doors leading into the airport's secured area opened, it was Bentley who first made contact with Dziekanski, asking him how he was doing.

Bentley also radioed for an ambulance after Dziekanski was in handcuffs and radioed again when he noticed Dziekanski was turning blue.

Bentley said yesterday he felt sorry for Dziekanski's mother, and that his heart went out to her and her family.

Province's orca whales protected by new law

WILDLIFE The federal government has boosted legal protection for critically endangered killer whales in B.C. following pressure from local environmental groups.

The new order issued under the Species at Risk Act makes it illegal to damage the orcas' habitat, while letting government officials fine people who damage those areas.

A coalition of environmental groups, including Ecojustice Canada, told CBC News that a lawsuit they launched in October, which alleged the government failed to protect killer whales' habitat as required by law, prompted the order. KRISTEN THOMPSON /METRO VANCOUVER

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Tourism numbers down

Tourism in Vancouver has taken a nosedive this year compared to the same time last year, according to a new Statistics Canada report. The study found that overnight travel to Canada from the United States fell seven per cent, to the lowest level in more than 35 years. **METRO VANCOUVER**

Justice system's 'major flaw'

Ed Schellenberg's family says he'd still be alive in any other province

KRISTEN THOMPSON
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If he had lived in any province other than British Columbia, Ed Schellenberg would still be alive, his family says.

The 55-year-old repairman and another innocent victim were killed with four gang associates who — given their criminal history — should have been in prison when they were gunned down, says Steve Brown, Schellenberg's brother-in-law.

"There's a major flaw in the way the provincial government administers the justice system here," and people are dying because of it, Brown said yesterday.

Today in Vancouver, Prime Minister Stephen Harper is expected to propose tougher measures to crack down on gang violence here.

PHOTO COURTESY OF SCHELLENBERG FAMILY

Ed Schellenberg was an innocent victim of gang violence.

The proposed legislation, which includes mandatory prison terms for drive-by shootings and drug crimes, will help make sure people — like those with whom Schellenberg was killed — are kept off the streets.

Harper's bill

- Prime Minister Stephen Harper's anti-crime bill would require automatic first-degree murder charges for gang-related killings.
- It would also include mandatory minimum prison terms for drive-by shootings and certain drug crimes.

Two of the men killed in the Surrey apartment with Schellenberg had what Brown called "shocking" criminal records, including beating a teenager to death and 48 other federal charges.

"Every day (in B.C.) there are instances of people who have been charged with serious federal offences who have not gone through federal court," he said. "So many (sentences) are being rubber stamped behind close doors."

Brown said he supports any move to impose tougher sentences, but is frustrated there's been no impetus to change the system until now.

"This (slow process) has outraged (victims') families. Four innocent people have been taken out because of this gang war and we have had to just scream bloody murder to get any kind of movement from the government," he said.

"We feel we have to put our lives on hold to be this catalyst for change. (Victims) should be the last people who should be standing up (calling for change). Other people should be coming and helping us."

Legalizing drugs will stop gangs, expert says

KRISTEN THOMPSON
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PROHIBITION Plans to fight escalating gang violence in the Lower Mainland by adding more police and tightening bail and sentencing laws might exacerbate the problem instead of making it better, says one gang expert.

The gang war is driven by the drug trade and turf feuds, said Ehor Boyanowsky, a criminology professor at Simon Fraser University who specializes in gangs and youth violence.

Anything that drastically disrupts the natural course of business, such as a major string of arrests, will create a hole that needs to be filled.

"These (wars) are going to crop up on a regular basis as (groups) get opportunities for moving into certain territories — people moving out and (others) being rounded up by the police," Boyanowsky said.

"Nature hates a vacuum and gangsters (will) move into those empty spaces to vie for territory."

Boyanowsky likened Vancouver today to the Chicago of the prohibition era, adding that the illegality of alcohol in the 1920s, and of drugs today, allows gangs to flourish and participate in "unprecedented violence."

He said the only way to truly take power away from gangs is to legalize and regulate drugs.

"Nobody kills anybody over alcohol," he said.

B.C. officials plead case in Ottawa today

KRISTEN THOMPSON
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JUSTICE B.C.'s solicitor and attorney generals are in Ottawa today seeking federal support for Criminal Code amendments they say will cut down on the gang violence plaguing the Lower Mainland.

"There hasn't been a major review of bail provisions for over 30 years," said attorney general Wally Oppal. "It's time the Criminal Code was changed to reflect the serious threat gang activity presents to the public's safety."

Oppal said one solution is to keep gang members off the streets while they're awaiting trial so they can't endanger the public or engage in any other criminal activities.

Solicitor general John van Dongen added that two-for-one credit for time spent in jail awaiting trial needs to be eliminated, particularly for violent offenders and people who breach bail.

The ministers will be discussing the need for more police and prosecutorial resources and simplifying evidence disclosure requirements to expedite prosecution.

They're also looking at reintroducing federal bills to help detain violent youth and introduce mandatory minimum sentences for serious drug offences.

Coquitlam **Enjoying winter's latest wallop**

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Tina Chong and her dog Joey enjoy the snow at Lafarge park in Coquitlam yesterday. The city was walloped by up to 10 centimetres of snow, which made for tough driving conditions, but an enjoyable time in the park.

Paramedics vote overwhelmingly in favour of strike

TARYN MCELHERAN
for Metro Vancouver

VOTE Ambulance paramedics in B.C. have voted 96 per cent in favour of a strike.

That doesn't mean they will walk off the job, as their collective agreement doesn't expire until April and it's illegal for paramedics to stop responding to assignments.

Save the medics

- B.C. paramedics have started a website to promote their views, savetheparamedics.com.

B.J. Chute, director of public education for Ambulance Paramedics of B.C., said the vote to strike adds pressure on the government to listen to their concerns.

"Paramedics around the province are extremely frustrated and upset that the government doesn't want to come to the bargaining table with any sort of fair mandate to negotiate," he said yesterday.

Chute listed response times and wages as main concerns.

"Years ago we used to reach our response time mandate (of nine minutes) about 85 per cent of the time," Chute said. "Last year, we only reached the response time mandate about 52 per cent of the time."

He added that B.C. paramedics get paid about 20 to 30 per cent less than police, firefighters and paramedics elsewhere in Canada.

News in brief

CRIME CZAR The provincial government has appointed a new public safety commissioner in its fight against gang violence here. David Morhart will be responsible for overseeing and implementing the government's new anti-gang and anti-gun strategies.

PROTEST The B.C. Marijuana Party plans to protest Prime Minister Stephen Harper when he visits Vancouver today to talk about gang violence. Marc Emery and his wife Jodie say mandatory drug sentences don't work. "Prohibition is the problem and we believe politicians who support it, like Stephen Harper, are supporting organized crime," Jodie Emery said yesterday.

METRO NEWS SERVICES

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Woman launches suit against Ticketmaster

A Winnipeg woman has launched a class action lawsuit against concert ticket giant Ticketmaster for overcharging, CBC.ca reports. According to the woman's lawyer, her daughter bought tickets through a Ticketmaster subsidiary for around $200 each when the original ticket price was just $57. METRO NEWS SERVICES

Canada

Singer opposes quarry plan

Sarah Harmer has been singing Escarpment Blues, a song she composed to protest plans for a quarry near her Burlington, Ont., home. The Juno-award winning singer has helped to start a citizens' group, Protecting Escarpment Rural Land, which is opposing a bid to open an 80-hectare pit on the Niagara Escarpment, designated as a World Biosphere Reserve by the United Nations. TORSTAR NEWS SERVICE

Obama's green stance a relief, Harper says

Prime Minister Stephen Harper says he is breathing a sigh of relief that U.S. President Barack Obama is serious about climate change, but the pace of change in Washington could leave him struggling to catch his breath.

From automobile fuel standards to a clean energy surge and greenhouse gas restrictions, the U.S. is set to accomplish over the next year what Canada has been promising for a decade.

While the Tories have put pollution regulations on hold until the American playbook becomes clearer, Obama called Tuesday in his address to Congress for an emissions cap-and-trade system that is anticipated to raise $300-billion in new revenue and set the course for economic recovery.

"History reminds us that at every moment of economic upheaval and transformation, this nation has responded with bold action and big ideas," Obama said, calling climate change, health and education his priorities for 2009.

The Conservatives have pledged to keep pace with Washington to stay competitive economically, but signs have emerged that Harper's team has not completely changed its stripes.

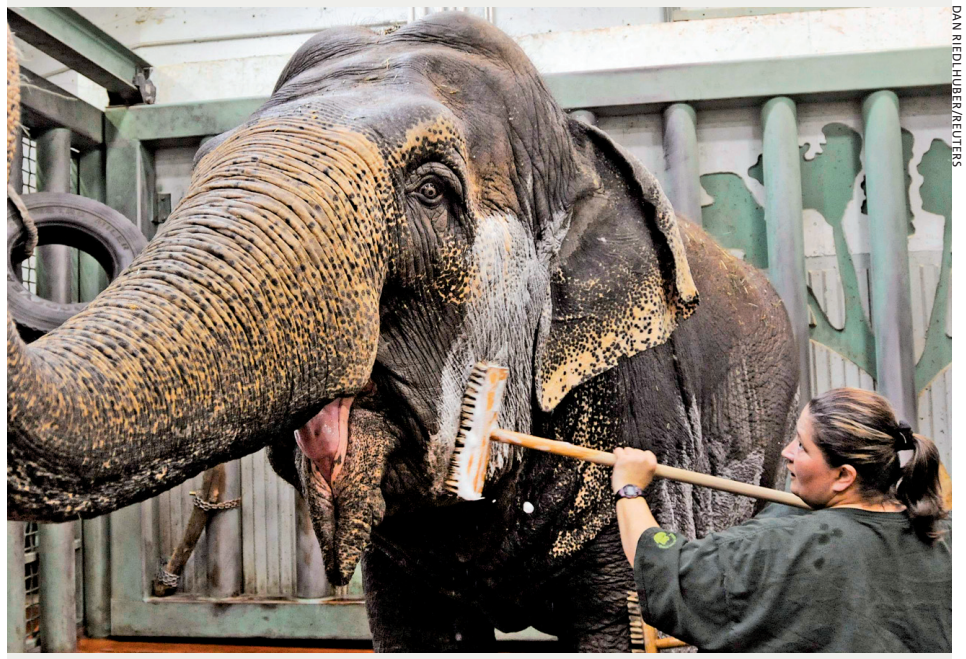
Asked about threats in the U.S. to ban oil imports from Alberta, Harper insisted Canadian taps would continue to slake the U.S. thirst. "There should be no illusion that economic reality will hit those environmental policies pretty hard when one goes to implement them," Harper said.

TORSTAR NEWS SERVICE

Mexico — The other partner

- Sources say that Mexican President Felipe Calderon plans to announce a climate change strategy soon that calls for a 50 per cent reduction in greenhouse gas emissions by 2025.

Edmonton **Bathtime for Lucy**



DAN RIEDLHUBER/REUTERS

Lucy the Asian elephant gets cleaned by Jackie Buck, elephant manager, in her enclosure at the Valley Zoo in Edmonton yesterday. Former game show host Bob Barker has called for her transfer to a sanctuary in the United States due to the elephant's persistent health problems.

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NDP member calls for more transparency

POLITICS Prime Minister Stephen Harper should take a lesson from U.S. President Barack Obama and force federal departments to become more open and accountable to Canadians, an NDP MP says.

But as U.S. government agencies are being told to open up, federal departments in Ottawa remain mired in a "culture of secrecy," NDP MP Pat Martin said yesterday.

At the heart of the problem is an outdated Access to Information law that is openly flaunted by bureaucrats keen to stifle public demands for information, said Martin (Winnipeg Centre).

"Users of the Access to Information Act know that the system is broken. It's dysfunctional, it doesn't work anymore," Martin said. "People are frustrated by unnecessary delays, unnecessary costs and a failure to comply with the very specific requirements of the act," he said.

The extent of those problems is expected to be driven home this morning when Information Commissioner Robert Marleau releases several reports about how Ottawa handles Access to Information requests.

The news is not expected to be good for a Conservative government that came into office in 2006 pledging more openness and accountability, but instead has seen complaints about government foot-dragging on access requests skyrocket. TORSTAR NEWS SERVICE

News in brief

NATIVE AFFAIRS Conservatives are withholding funds for badly needed native school construction because the communities are located in opposition ridings, government documents obtained by the New Democrats suggest. An internal memo advising Indian and Northern Affairs Minister Chuck Strahl of the situation caused a furor in the House of Commons yesterday. TORSTAR NEWS SERVICE

TELEVISION Broadcaster CTV Inc. will shut a pair of its television stations in the province of Ontario, citing "the current global economic crisis" and structural problems facing the conventional TV sector, it said yesterday. The stations operate under the A brand. In November, CTV cut 105 jobs and became yet another media company to reduce staff as the advertising market falters. REUTERS

Teen convict to remain in psychiatric institution
The Medicine Hat teenage girl convicted of killing her parents and younger brother will remain in a psychiatric institution, a judge ruled yesterday. The 15-year-old, who can't be identified under the Youth Criminal Justice Act, appeared by closed circuit television for her annual sentence review. **CBC NEWS ONLINE**

Toronto **Player not guilty**

RICK EGLINTON/TORSTAR NEWS SERVICE

Former Toronto Argonaut Bernard Williams, left, and lawyer John Struthers hug outside a Toronto court yesterday. Williams was acquitted of sexually assaulting an aspiring cheerleader.

Judge rips into acquitted reservists

The Canadian military should take a "sober second look" at the continuing affiliation of three "callous" and "cowardly" reservists after they were acquitted yesterday of aggravated assault in Toronto, a visibly angry judge said after excusing jurors from his courtroom.

"Your behaviour was nothing short of disgraceful," Superior Court Justice Robert Clark thundered.

After retiring Tuesday night, the jury returned late yesterday afternoon and found Ryan Crossman, 23, Ryan Livesey, 23, and Sean Jones, 21, not guilty.

While noting a jury's verdict reigns supreme, Clark said he had also listened as the men testified during the two-week trial.

And what the judge said he heard were accounts showing the three men had little regard for the sanctity of human life because each admitted leaving Hesam Zeinal-Zedeh, 25, lying unconscious on Richmond Street West with a fractured skull.

Prosecutor Lorna Spencer alleged the injury was the result of a "vicious three-on-one fight." But each denied starting the altercation. They blamed Zeinal-Zedeh for being the aggressor.

TORSTAR NEWS SERVICE

Doc on trial for making false claims mentally ill: Testimony

COURTS A Toronto doctor accused of submitting 2,700 false OHIP claims has a complex mental illness that made her believe "kitchen table" conversations with family members were actually medical consultations, a forensic psychiatrist says.

Dr. Thomas Gutheil, a professor of psychiatry at Harvard Medical School, testified yesterday that Dr. Susan Burlacoff suffers from a disabling mental disorder with psychotic episodes.

"No one diagnosis does justice to the complexity of Dr. Burlacoff's situation," Gutheil told defence lawyer David Porter.

At the core is a weak sense of identity, for which she compensates by clinging to her identity as a doctor and her belief that she is the best around, Gutheil said. "This is the driving force behind things that are so puzzling in this case."

Burlacoff told court she treated family members, although they have testified that for the most part the services for which she billed OHIP never were provided.

Burlacoff, 53, has pleaded not guilty to one count of fraud over $5,000 for billings between 1996 and 2001. **TORSTAR NEWS SERVICE**

Mayor wants knife control law

LEGISLATION Edmonton Mayor Stephen Mandel says he will continue to push both the provincial and federal governments to create controls on businesses that sell knives.

Mandel has written a letter to Edmonton-Spruce Grove MP Rona Ambrose to ask Ottawa if the Tory government's "crime legislation they are putting forward does include legislation on knives," he said.

"In Edmonton, knives are the big issue," he said.

METRO EDMONTON

British scientist says life doomed by climate woes

Climate change will wipe out most life on Earth by the end of this century and mankind is too late to avert catastrophe, said leading British climate scientist James Lovelock. His apocalyptic theory foresees crop failures, drought and death on an unprecedented scale. REUTERS

World

Prehistoric fish pioneered sex

Sex has been a fact of life for at least 380 million years, longer than previously thought. Internal fertilization was widespread among prehistoric fish living on ancient tropical coral reefs in the Devonian period, research published in the journal Nature yesterday showed. The discovery sheds new light on the reproductive history of all jawed vertebrates, including humans. REUTERS

Gitmo abuse has worsened since Obama became president: Lawyer

DETAINEES Abuse of prisoners at Guantanamo Bay has worsened sharply since U.S. President Barack Obama took office as prison guards "get their kicks in" before the camp is closed, according to a lawyer who represents detainees.

Abuses began to pick up in December after Obama was elected, human rights lawyer Ahmed Ghappour said. He cited beatings, the dislocation of limbs, spraying pepper spray into closed cells and on toilet paper, and over-forcefeeding detainees who are on hunger strike.

The Pentagon said on Monday that it had received renewed reports of prisoner abuse during a recent review of conditions at Guantanamo, but had concluded that all prisoners were being kept in accordance with the Geneva Conventions.

"(One) could say that these traumatized ... guards were just basically trying to get their kicks in right now for fear that they won't be able to later."
Ahmed Ghappour

"If one was to use one's imagination, (one) could say that these traumatized, and for lack of a better word, barbaric, guards were just basically trying to get their kicks in right now for fear that they won't be able to later," said Ghappour, a British-American lawyer.

He stressed the mistreatment did not appear to be directed from above, but was an initiative undertaken by frustrated U.S. army and navy jailers who directly or indirectly blame the prisoners for the injuries and the trauma they suffered in Iraq.

Following a Jan. 22 order from Obama, the U.S. Defense Department conducted a two-week review of conditions at Guantanamo ahead of the planned closure of the prison on Cuba.

Admiral Patrick Walsh, the review's author, acknowledged on Monday that reports of abuse had emerged but concluded all inmates were being treated in line with the Geneva Conventions. REUTERS

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Plane crash kills 9 near Amsterdam

A Turkish Airlines passenger plane with 135 people aboard crashed in light fog while trying to land at Amsterdam's Schiphol airport yesterday, and an official said nine people were killed.

PAUL VREEKER/REUTERS

Emergency workers carry wounded passengers atop a baggage vehicle after a Turkish Airlines passenger plane crashed while attempting to land at Amsterdam's Schiphol airport yesterday.

Haarlemmermeer acting mayor Michel Bezuijen said at least 50 people were injured, including 25 severely hurt, when flight TK 1951 crashed at 10:31 local time short of a runway at Schiphol, Europe's fifth-largest by passenger volume.

"We cannot say anything about the cause at the moment. The priority of the authorities is providing help and care," Bezuijen told reporters.

Dutch television showed what appeared to be covered bodies on the ground near the crumpled, single-aisle Boeing 737.

The jetliner lay in three parts, with the tail section of the fuselage ripped off, and a wide crack in the fuselage just behind the cockpit. The airliner had not caught fire.

Airport officials said the aircraft was a Boeing model 737-800, flight TK 1951 from Istanbul.

Turkish television reported the two-engine plane had run out of fuel, but a Turkish Transport Ministry undersecretary said that was speculation.

Bezuijen declined to respond to questions over whether the plane had run out of fuel.

"We are in the middle of a field now, approximately five to six kilometres from the airport," survivor Mustafa Bahcecioglu told Turkish broadcaster Channel 24.

The plane, on a flight from Istanbul, broke up when it hit the ground north of a runway at Schiphol, which is 20 kilometres southwest of Amsterdam's centre. Survivors were being rushed to hospitals in Amsterdam as well as nearby Haarlem.

Bezuijen said officials were analysing passenger details and could not yet confirm the identities of those killed. REUTERS

Charges filed over attacks in Mumbai

INDIA Police in India yesterday charged a man they say is the lone surviving gunman in last year's Mumbai attacks with "waging war" against India, drawing up the first formal charges in the case, a government lawyer said.

Special public prosecutor Ujjwal Nikam told reporters that the charge sheet named 37 other people, including Indians and Pakistanis, with planning and abetting the attacks that killed 179 people.

If found guilty, Mohammed Ajmal Kasab and those who have been charged with waging war with India could face the gallows. REUTERS

Thailand **Protest drags on**

SUKREE SUKPLANG/REUTERS

Supporters of former Thai prime minister Thaksin Shinawatra gather outside the Foreign Ministry during an anti-government protest in Bangkok yesterday. Thai protestors marched to demand that the country's top diplomat quit as their street campaign dragged on for a second day.

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Comment

GM needs second revelation

InBusiness

Charles Davies
Veteran Business Writer

As General Motors CEO Rick Wagoner steers his beater of a company along the precipice of bankruptcy in a stormy recession, he must pine for the good old days.

I'm not talking here about the 1950s, when GM, with its chrome and fin-encrusted lineup, was one of the world's most dominant corporations. I mean the Great Depression, the gold standard of economic misery, a period when GM somehow managed to stay profitable despite nose-diving sales.

Between 1929 and 1932, GM's North American car and truck production fell 75 per cent and sales revenues dropped 78 per cent. Nevertheless, the company still managed to earn profits of $248 million US and pay out dividends of $343 million US. Working capital was trimmed only by $26 million US and holdings of cash and short-term securities actually grew by $45 million US.

Obviously, it helped that GM didn't have to deal with unionized labour in the worst of the Depression. The United Auto Workers didn't come along until 1935 and, a year after that, kick-started the certification process with sit-down strikes at GM plants in Atlanta and Flint, Mich.

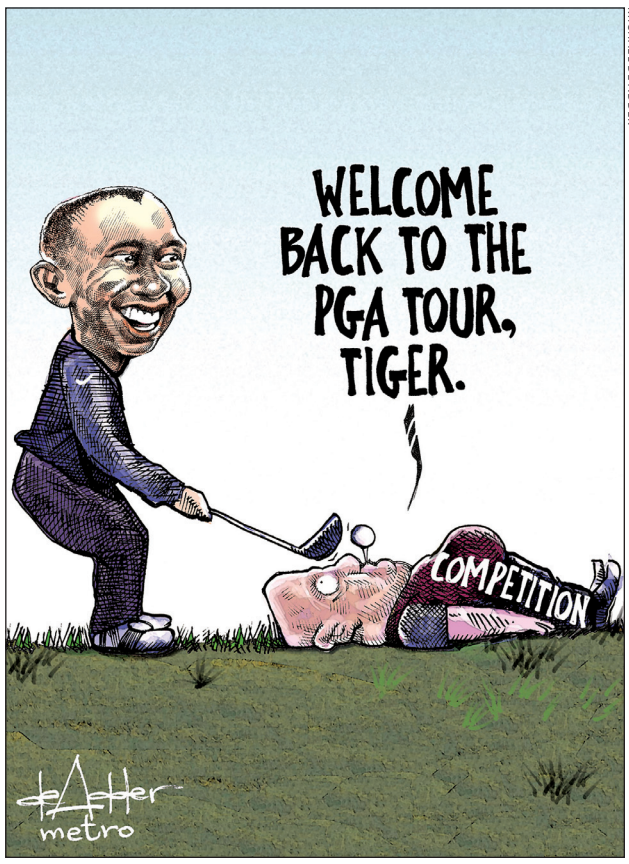
Still, the company had a remarkable triumph in adversity because it was brilliantly managed. GM was a nimble operator, combining innovation with a highly developed system of financial controls and manufacturing processes. Much of the credit for this goes to Alfred P. Sloan Jr., the MIT-trained electrical engineer who assumed GM's presidency in 1923 and didn't let go for nearly a quarter century. GM's strength in adversity, Sloan said in his memoirs, was simply that it could "react quickly" to changing business conditions.

GM revolutionized the fledgling auto industry through the 1920s. Henry Ford may have been the genius of mass production, but it was Sloan and his management team that shaped the market. GM developed the broad model line — "a car for every purse and purpose" — annual model changes, instalment buying (through the 1919 creation of General Motors Acceptance Corp.), and the trade-in.

But in a company that built cars in semi-autonomous divisions, they also introduced stringent cash controls and extreme due diligence when making investments in new products. Sloan's crew also implemented modern inventory and production controls along with regular sales and earnings forecasts. The result, as Sloan described it, was the transformation of a "formless aggregation" into "an integrated, effective enterprise" that ran on the principle of decentralization with co-ordinated control.

GM's Depression-era management structure was a revelation. The company dearly needs another one.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



MICHAEL DE ADDER

Views

Could you be heartless to your 'faves?'

Steve Shrout
Metro Alberta Publisher

Someone recently asked me, "What are you giving up for Lent?" Trying to be the cool guy, I suggested perhaps my cellphone. Apparently it was the most humorous thing this person has ever heard. Taking the snorts personally, I started thinking. The Secret Service couldn't pry it from Obama's hands, so why would I give it up willingly? Over the last few weeks, my cellphone has risen to presidential status making it easier to justify why I carry one like a six-shooter on my hip! (LOL.) My whole style of communicating has changed over the past couple of years. What am I ABT2 do?

My friends think I'm addicted, but that's not my POV. I am pleased that my thumbs have found a new purpose in life! My smart phone is my life … my email, telephone, Facebook, and general "thinking companion" … till death do us part. Can I live without it? A separation of sorts; not for a lifetime, but just 30 days.

Am I crazy? What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly … general office banter and useful gossip! I may be sacrificing the social status I have texted so hard to achieve!

What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly … general office banter and useful gossip!

For instance, before I received my smart phone sitting impatiently at red lights was waste of time … now they're just not long enough as I finish that last sentence of humorous and sometimes wise prose. I now have a new appreciation for the horns of some of the more exotic cars out there!

My "friends and family" love it when I'm the first to respond to every question, right? That's indeed what makes me so special! And what about photos? I'm pretty sure everyone loves to see the world from my point of view so I send them proof of my "whereabouts" at whim. They always respond "LOL" or "KEWL!"

Giving up the smart phone may be a great experiment for me, but I'm just not sure I could be that heartless to all my "faves!"

Besides, does this thing even have an off button?

Metro Alberta Publisher Steve Shrout has become proficient with technology and quite often experiences "phantom buzz" when separated from his cellphone.

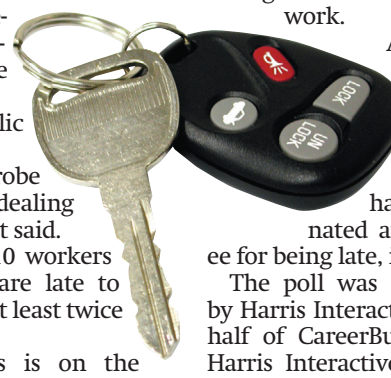
Worth mentioning

Employee tardiness on rise

One in five U.S. workers say they are late to work at least once a week, according to a survey released yesterday.

The most common excuse is traffic, followed by a lack of sleep and getting children ready for school or daycare, said the survey conducted for CareerBuilder.com, an online job site.

Other frequent excuses are problems with public transportation, wardrobe issues or dealing with pets, it said.



One in 10 workers said they are late to their jobs at least twice a week.

Tardiness is on the rise, the survey said. In this poll, 20 per cent said they were late at least once a week. In a similar one taken a year earlier, 15 per cent said so.

The nationwide online survey was taken among 3,259 full-time hiring managers and human resource professionals and 8,038 full-time employees from Nov. 12 to Dec. 1 last year.

The poll also collected outrageous excuses for being late. One person reported having to take a second shower after walking into a spider web. Another said her husband thought it was funny to hide the car keys. Someone else claimed his car's left-turn signal was broken so he had to make all right turns to drive to work.

A third of the managers surveyed said they have terminated an employee for being late, it said.

The poll was conducted by Harris Interactive on behalf of CareerBuilder.com. Harris Interactive said the results had a sampling error of plus or minus 1.72 percentage points among the managers, and 1.09 points among the employees.

CareerBuilder.com is owned by Gannett Co Inc, Tribune Co, McClatchy Co and Microsoft Corp. REUTERS

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Merkel wants global ban on bonuses for bad bankers
German Chancellor Angela Merkel said in a speech yesterday she wants to see an international ban on bonus payments to bad bankers. "There's no way that bankers should be paid a bonus if their business year was bad," she said at the rally north of Berlin. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CBC likely to cut back

Broadcaster facing ad revenue shortfall

The Canadian government said yesterday it expects the taxpayer-funded CBC to clamp down on costs amid reports that the broadcaster is facing an advertising revenue shortfall for the coming year.

"We expect the kind of belt-tightening at the CBC as we see with other broadcasters," Deirdra McCracken, spokeswoman for Heritage Minister James Moore, said yesterday.

"The CBC is already receiving over $1 billion from taxpayers per year."

"We're not holding our breath for any increase in funding this year."
Karen Wirsig, Canadian Media Guild

Her comments came in response to questions about whether the government would be willing to give more money to the CBC, after newspapers reported that the broadcaster may suffer an ad revenue shortfall of up to $65 million in 2008-09.

"We're not holding our breath for any increase in funding this year," said Karen Wirsig, spokeswoman for the Canadian Media Guild, which represents 5,500 employees at the CBC and Radio-Canada.

She said the union has not been notified of pending layoffs.

"We're pretty much at the bone," she said. "Job cuts are going to mean program cuts."

REUTERS

Business in brief

MEDIA Debt-strapped Canwest Global Communications Corp. has raised a little cash by selling part of its stake in sports broadcaster The Score for $6.62 million.

LOSS Martha Stewart Living Omnimedia Inc. reported a net quarterly loss of $8 million US, hurt by slumping ad revenue and writedowns.

METRO NEWS SERVICES

Quebec Caisse loses $39.8B

MATHIEU BELANGER/REUTERS

Quebec Finance Minister Monique Jerome-Forget speaks about the losses of the Caisse de depot et placement du Quebec in Quebec City yesterday. Canada's biggest pension fund manager said yesterday it lost $39.8 billion in 2008, hit by tumbling stocks and a depreciating dollar, prompting the provincial government to launch an investigation.

Nortel axes 3,200 jobs

LAYOFFS Ailing telecom equipment maker Nortel Networks Corp. delivered on its plan to slash more jobs yesterday, cutting another 3,200 workers worldwide as it fights to survive under the cover of bankruptcy protection.

Workers
- The cuts represent roughly 10 per cent of Nortel's workforce of more than 30,000.

None of the laid-off employees will get severance payouts, which Nortel suspended when it filed for bankruptcy protection last month, a company spokesman said. The company said the latest cuts are on top of another 1,800 planned layoffs that still have to be completed.

REUTERS

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Odd signs of the times

The global recession manifests itself in big and small ways, most gloomy, some quirky and often reflecting the inventive human spirit. Here is a look at some signs of the times.

• Even sharks feel the bite. Shark attacks on humans dropped worldwide in 2008 to their lowest level in five years, apparently because the recession has curtailed seaside vacations. Researchers confirmed 59 shark attacks on humans in 2008, down from 71 the previous year.

"I can't help but think that contributing to that reduction may have been the reticence of some people to take holidays and go to the beach for economic reasons," said George Burgess, who directs the International Shark Attack File at the University of Florida.

• Colour, clarity and ... catastrophe? The diamond industry, centred in the Belgian city of Antwerp, is losing its luster. For years reliant on debt to function, the diamond trade, facing falling prices, plunging demand and the credit crunch, is looking uncomfortably overdrawn.

Sales in the United States, which buys about 45 per cent of the world's diamonds, fell by 20 per cent in the traditionally strong Christmas season.

• Demand for safes in Germany has grown sharply since the financial crisis began, according to Der Spiegel news magazine. Safe merchants in Germany, which reeled from hyper-inflation in the 1920s, have reported a 30 per cent increase in sales to private customers since about October.

REUTERS

In brief

BANK Toronto-Dominion Bank reported a 27 per cent drop in quarterly profit yesterday as Canada's second-largest lender more than doubled its provisions for bad loans as the Canadian and U.S. economies slumped. TD said profits fell to $712 million, or 82 cents a share, in the three months ended Jan. 31, from $970 million, or $1.33 a share, in the same period a year earlier.

REUTERS

China moves to make yuan international currency

TRADE Selected banks in Shanghai will soon begin settling cross-border trade in yuan, part of China's efforts to make the yuan an international currency, the official China Securities Journal reported today.

Bank of Communications will make an announcement on the start of the business as soon as this month, the newspaper quoted an unnamed official of the bank as saying.

The Shanghai branch of Bank of China will become the second bank to do the business at a later date, the newspaper added without elaborating.

In December, the government took a small step toward making the yuan an international currency by promising to allow its use on a trial basis to settle trade between a few Chinese provinces and neighbouring states.

The cabinet said the yuan could be used for trade between the manufacturing heartlands of the Pearl River Delta and the Yangtze River Delta, where Shanghai is located, and the Chinese territories of Hong Kong and Macau.

In addition, members of the Association of Southeast Asian Nations would be permitted to use yuan in trade with China's southeastern regions of Guangxi and Yunnan.

At present, the vast majority of China's trade is conducted in dollars and the rest in other major currencies such as the euro.

REUTERS

Sears sees profits drop 34 per cent

DECLINE Sears Canada Inc. said yesterday its fourth-quarter profit dropped 34 per cent, as waning consumer confidence hammered sales.

Canada's second-biggest department store chain, which is majority owned by Sears Holdings Corp., said it earned $95.5 million, or 89 cents a share in the quarter, down from $145.4 million, or $1.35 a share, for the same time last year.

Revenue dropped 5.9 per cent to $1.62 billion. Same store sales, a key measure which compares the performance of stores open for at least a year, dropped 6.2 per cent.

REUTERS

Brodeur back tonight
The New Jersey Devils activated Martin Brodeur off injured reserve yesterday, clearing the way for him to play his first hockey in almost four months. Brodeur was told by the team he would be returning to the net tonight against Colorado. METRO NEWS SERVICES

Sports

Goodell takes big pay cut

NFL commissioner Roger Goodell voluntarily took a cut of 20-25 per cent from the $11-million US salary and bonuses he was to receive in the 2008 fiscal year, as a result of the reeling economy. The NFL, which is generally considered to be by far the wealthiest and most financially stable sports league in North America, reduced staff by 169 jobs — or 15 per cent of its workforce — in December. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Wings win heavyweight tilt

NHL RESULT

Sharks 1 Red Wings 4

Henrik Zetterberg had a pair of goals, as the Detroit Red Wings halted the streaking San Jose Sharks with a 4-1 win at Joe Louis Arena.

With the win, the Red Wings now have 88 points, only three behind Western Conference-leading San Jose.

Marian Hossa scored, continuing his good play against the Sharks. He has scored in each of Detroit's four games against San Jose this season, and finished the season series with four goals and three assists. The teams split the series with two regulation wins apiece.

Ville Leino for Detroit, which rebounded from a loss to Minnesota on Saturday to take its third win in four games. Ty Conklin made 34 saves in the win.

Christian Ehrhoff had the lone goal for San Jose, which had its four-game win streak snapped. Evgeni Nabokov gave up all four goals on 33 shots in the loss.

REBECCA COOK/REUTERS

San Jose Sharks centre Joe Pavelski, middle, is checked against the boards between Detroit's Mikael Samuelsson and Valtteri Filppula last night.

Hossa got the Red Wings on the scoreboard first, 6:51 into the game. With Detroit on the power play, his shot from the right circle trickled between Nabokov's pads.

Then, with time winding down in the first period, Kirk Maltby's shot from the right side got deflected into the air. Leino was on the left side of the crease, and batted it into the open net with 3:52 remaining.

The Sharks appeared to have a goal only moments later, when a shot from in front hit the right post, settled into the crease behind Conklin and went over the goal line. The on-ice official behind the net ruled it a goal, but a further review nullified the score.

METRO NEWS SERVICES

Canucks unlikely to add big name

ToulBox

Scott Rintoul
scott.rintoul@team1040.ca

One loss is no reason to start looking for flaws in a month that has seen the Canucks win eight of 10 games, but with the trade deadline less than a week away, Mike Gillis has a decision to make. Gillis must ask himself how much he wants to enhance the Canucks' chances of making a lengthy playoff run this season, and what he is willing to give up to do so.

The Sharks and Red Wings have clearly established themselves as the class of the West, and any upgrade would be aimed at improving Vancouver's chances against either of these teams as the Canucks are well positioned to take on any of the other playoff-calibre clubs in the conference.

The biggest needs appear to be more scoring punch up front and a puck-moving defenseman, but show me a club that isn't looking for either and I'll show you a team that is already booking tee times.

Of course, Gillis would like to take a shot at a significant addition to the roster, but the lack of overall depth in the organization creates a conflict between short-term and long-term goals.

Cory Schneider, Cody Hodgson and Michael Grabner appear to be the only legitimate prospects at this point in time, and trading one or more of those players for a rental player would further gut the franchise down the road.

Ditto for early-round draft picks, which represent both future assets and cost certainty, the latter being vital given the financial uncertainty that lies ahead for the league.

Are there underperforming players on the current roster that could be moved? No question.

But the only way such players could fetch anything of value is in a situation where a potential trading partner is trying to purge salary.

With the Sedins and Alex Burrows in search of contract extensions this year, and a looming big money deal for Roberto Luongo on the horizon in the summer of 2010, don't expect the Canucks to take on a big money player with three or more years left on a deal.

When asked about potential acquisitions in the days ahead, Gillis has made it quite clear that the addition of Mats Sundin was his big move for the year.

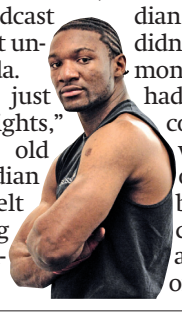
He could surprise everyone by pulling off another noteworthy deal, but it seems more likely that he will add smaller pieces by improving the grit quotient and physical component of this hockey club. Instead, the Canucks will probably bank on Luongo and Sundin saving their best hockey for the playoffs, and hope the Sedins finally deliver the breakthrough post-season performance that fans have been begging for.

Former Canadian champ now the real Contender

BOXING Canadian Troy Ross threw 158 punches last night, but it took only three to validate a lifetime in boxing.

With two overhand lefts and a right hook to the temple, Ross scored a fourth-round technical knockout over Hino Ehikhamenor, to earn him the championship of the U.S. cable TV reality series The Contender.

The 16-man, made-for-TV tournament began in Singapore in September and culminated last night at the Foxwoods Casino in Connecticut, with Ross and Ehikhamenor (15-4, 7 KO) meeting in the title bout, which was broadcast live in the U.S., but unavailable in Canada.



"Tonight was just one of those nights," said the 33-year old former Canadian Olympian. "I felt myself getting stronger every single round."

The bout was Ross' third knockout win in four fights.

It boosted both his record (21-1, 15 KO) and his ranking. With the show's producers agreeing to promote him for the next 12 months, the Brampton, Ont., native hopes the victory sets him up for a world title fight later this year.

While his classmates from the 2000 Olympics turned pro and collected signing bonuses, Ross couldn't agree with promoters over money and didn't debut as a pro until seven months after the Sydney Games.

In 2005, he won the Canadian cruiserweight title, but didn't compete again for 20 months. By May 2007, Ross had revived his career and collected the Commonwealth title, but instead of graduating to even bigger bouts, a string of cancelled fights led to another year-long layoff.

TORSTAR NEWS SERVICE

Curling Mallett on a roll

ANDY CLARK/REUTERS

British Columbia skip Marla Mallett reacts to a shot against Nova Scotia at the Canadian women's curling championships. Mallett improved to 7-1 at the Scotties Tournament of Hearts in Victoria with a 9-2 win over Nova Scotia's Nancy McConnery yesterday. For the latest results visit www.metronews.ca.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Toronto 2 N.Y. Rangers 1 (SO)
Detroit 4 San Jose 1
Philadelphia 2 Los Angeles 0
Pittsburgh 1 N.Y. Islanders 0

TODAY'S GAMES
Anaheim at Boston
Colorado at New Jersey
Toronto at N.Y. Islanders
Florida at N.Y. Rangers
Atlanta at Washington
Buffalo at Carolina
San Jose at Ottawa
Phoenix at Nashville
St. Louis at Dallas
Columbus at Edmonton

Tiger returns to the links

GOLF Phil Mickelson conjured a last-gasp win in yesterday's opening round of the WGC-Accenture Match Play Championship while Tiger Woods made a triumphant start on his PGA Tour return.

Defending champion Woods, making his hotly-anticipated PGA Tour comeback, charged two up after a birdie-eagle start before wrapping up his win on the 16th green.

"I thought it would take me a little bit longer to get into the rhythm of the round, but I came out as if I had it and it felt good," Woods said after piling up two eagles, three birdies and three bogeys.

Asked how his surgically reconstructed left knee had held up, the three-time champion replied: "I'm very pleased at how it felt all day."

REUTERS

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2009

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2009 Best New Product Award Winners

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What are the Best New Product Awards?

The Best New Product Awards, now in its 6th year, is the only competition judged by 25,000 Canadian consumers coast to coast. With over 100 new products entered in the categories of Food, Personal Care and Household, the winners make for one great shopping list. For a complete list of winners, and the chance to win all 34 products, please visit **www.metronews.ca/bnpa.**

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- Sun protection – SPF 15 helps protect against sunburn

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Casa di Mama; The Ultimate Homemade Pizza Taste!

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2009 Best New Pro

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Astro BioBest Smoothie. Refuel Your Body.

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New Knorr® Bouillon cubes are made with sea salt and pure Bertolli extra virgin olive oil. Knorr cubes are easy to use, quick to dissolve and add rich flavour to your soups, stews, sauces, gravies and risottos.

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New Knorr Sides Plus veggies! Rice and pasta side dishes that offer a tasty and convenient way to serve your family more vegetables. Knorr Sides Plus Veggies provide 1/2 serving of vegetables per serving with no artificial flavours, no trans-fats, and are low in fat.

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New Knorr Ready-to-Serve Colourful Soups available in Red, Orange, Yellow and Green. Knorr chef's have skillfully combined delicious vegetables, fruits, herbs and spices of the same colour to provide important nutrients and they are quick and easy to prepare! Each contain 2 servings of fruits and vegetables.

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✓ OCEAN SPRAY® CRAISINS®

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For more information on Craisins® visit www.oceanspray.ca

✓ LIPTON® WHITE TEA WITH BLUEBERRY & POMEGRANATE

Inspired by authentic tea markets from all over the globe, Lipton® invites you to try the delicious blended flavours of Lipton White Tea with Blueberry & Pomegranate. Crafted from long-leaf white tea, this bountiful mix of real pomegranates, apple, black currant, blueberry and raspberry fruit pieces are sure to help put you in a positive state of mind. Our pyramid-shaped transparent bags give Lipton White Tea with Blueberry & Pomegranate maximum room to infuse for the best possible aroma and flavour.

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No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 27, 2009. Odds of winning depend on number of entries received. Ten prizes of the 34 Best New Product Award products will be awarded. Each prize is valued at approximately $200 (CAD). For full contest rules and details, visit www.metronews.ca/bnpa.

More online
For more home and condo news and columns, check Metronews.ca.

Metro Homes

Last blast

If you're a fan of Domino, the hip U.S. glossy that blew a breath of fresh air through the shelter mag world, this is your final chance to pick up a copy. The March 2009 issue is the publication's last. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Flat screens challenge your living room decor

UrbanDweller

Carlyn Yandle

metronews.ca/urbandweller

CARLYN YANDLE PHOTO

You can reduce the visual bulk of Don Cherry in your living room by building up the space around that large flat-screen.

I have a TV problem. I watch too much of it. Even though I've moved the bulky old-style box out of the living room, and even though we don't have cable, I still cease all meaningful activity to watch reruns of shows I never liked the first time round. It needs to go, but I'm not the only one living around here; the Man of the House, only an occasional user of TV, likes the hockey — and dislikes my militant position.

So while I hope that we won't bother buying the converter that all we freecable types will need later this year just to get those same few stations, he's talking brand-new flat-screen. I counter with reports from two repairmen that most of their work is on those LCD and plasma screens after the warranties run out. He shows me a wall space that would fit a screen perfectly.

Living TV-free isn't really an option for most people. My clients call me in specifically to help them fit new 40-inch flatscreens into their tiny condo living rooms, so suggesting they go without is not helpful. So instead I suggest ways to visually reduce the impact of the black, shiny rectangle.

In the small condo living room, often the only option is hanging it above the gas fireplace (if any). A tilting wall-mount bracket is a pricey little add-on to the new flat-screen, but at least it's off the floor and no longer blocking windows. That new-found floor space is better dedicated to additional seating, for more social activity and less physical emphasis on the sole pursuit of watching the idiot box.

But the fireplace mantle really is a last resort. A better option is to dedicate an entire wall for floor-to-ceiling shelving, with the TV installed at seated eye level. The surrounding books and other hefty items help reduce the scale of the screen, and hides wiring easily. Ikea and Moe's have a good selection of ready-made options. Adding moldings on plain bookcases can create a more built-in look.

My other suggestion is mounting it on a bare wall, surrounded by several framed artworks — posters, kids' creations, enlarged photos — to visually downplay the TV. A selection of substantial frames in black and white creates just enough busyness to distract the eye from the TV. Restricting the wall to monochrome, high-graphic images and black-and-white photos will unify the look and punch up the decor.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

Renting your home for the Olympics

HouseLeague

Ryan DeLuca

metronews.ca/houseleague

With less than a year until the Olympics everyone is wondering how they can capitalize on not only the Games, but all the tens of thousands of visitors who will be flocking into Vancouver in 2010. Renting your home is one of the best ways to go.

With a definite lack of hotels and short term rentals in Vancouver, renting your home will not only bring you extra cash but can help provide much needed space to those who want to check out all the sites and sounds of our city during the Olympics.

If you are already a renter, it will be important to check your lease to see if subletting either the entire unit or even just a room is allowed under the terms of your contract. The last thing you need is for your landlord to wreak havoc with your tenant. If you are in a condo, ensure that you do not have rental restrictions preventing the rental of the unit. Many strata councils will require notice of who is occupying the suite so that in an emergency, they know who to contact, and how to get in touch with you, the home owner. Your property management company can provide you the appropriate forms to fill out.

Finding the right insurance is another important task to consider.

Most homeowners insurance and rental insurance do not cover tenants or sublets respectively. Depending on what type of rental you are providing you may require additional insurance to help protect you from damage or theft caused by your tenant.

Next, it is important to make sure that you are aware of all the tax and rental laws in Vancouver. Depending on the number of spaces you are renting and the length of time you are renting for, you may be required to pay hotel taxes etc. Checking websites like the City of Vancouver or the BBB can help ensure that you conform to all the necessary laws and do not get slapped with a fine.

Finally, one of the easiest ways to find that perfect renter is to use a property management company, which has people who are trained to screen tenants and take care of any problems they may encounter during their stay. For a small fee you can save yourself the hassle and enjoy your time off while making a pretty profit.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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Reno tips from the experts

VANESSA GRECO
for Metro Canada

Whether it's distressed wood, faux-finishes, decorative finials, or oil-based enamel, Craig Stewart has seen it all. After 12 years in the custom-made furniture business, there are few renovation dreams he can't make a reality.

When a customer approached him about creating the mother of all wall units — a 40-foot, cherry wood unit, with a television set that lifted on hydraulics — Craig didn't flinch, he contacted his craftsmen.

Thirty-eight thousand dollars later, that cherry wood wonder was born.

"With home renovation the sky is the limit," said founder of the Amish Furniture Outlet. "Anything can happen with a plan and for a price."

When it comes to renovating a dowdy room, most homeowners have trouble getting past the starting line. Stewart shares a few choice tips on how to reignite your love affair with renovation.

CONSIDER THE COST

When renovating, it's all about how elaborate you want to get, said Stewart.

"Many rookies don't do enough research on the cost of their project," said Stewart. "A lot of times they wind up getting to the final stages and don't have enough money to finish."

When Stewart renovated his own basement and did the whole nine yards — flooring, walls, lighting — it cost about $20,000.

GRAB YOUR TAPE MEASURE

Before stepping into any stores, homeowners should put together a scaled drawing of the room they'd like to renovate. Record all dimensions, and don't forget to include the location of doors and windows.

GET INSPIRED

It could be your grandmother's old Victorian dresser, or elaborate crown molding. If there is a particular style that catches your eye, work with it. Ask a consultant what they can do to help you mimic that design.

"Sometimes homeowners ask to match the style of an existing piece of furniture," said Stewart. "They might sift through magazines, or take a long walk through our display room because they have no clue what they want — and that's OK."

WHERE TO START

"Furniture is the last thing that goes into a room, but always the first thing you should plan for," said Stewart, adding that the last decision should be paint colour.

With paint colour, err on the side of caution. Often, wood will take on the hue of the room's colour. If your living room walls are painted burgundy, your newly purchased coffee table might pick up on the red.

BRING IN SAMPLES

If your current paint colour makes you happy, or sofa has some sentimental value attached, you don't have to let go. Gather some fabric swatches, floorboards or paint samples and ask a professional how you can incorporate those elements.

"Most stores have an on-site decorator customers can speak with for advice," said Stewart. "Designs can be reproduced. Anything that makes sense is possible."

Seen here are some picks from Amish Furniture Outlet.

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[yellow tail] joins in Breast Cancer battle

The Weekend to End Breast Cancer is raising a glass as it announces [yellow tail] Wines as the official wine sponsor for their events across Canada. Events will take place in Vancouver, Edmonton, Calgary, Toronto, Ottawa and Montreal. To register or to find an event near you, visit endcancer.ca. **METRO NEWS SERVICES**

Food

Long touted as a super food in Asian culture, mushrooms are becoming the focus of scientific studies exploring their health benefits.

Barb Holland/for Metro Canada

Munch on this

Fresh mushrooms contain antioxidants, cancer-fighting nutrients, both soluble and insoluble fibre, and are a good source of riboflavin and other minerals.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Get hungry for some fungi

À la carte

Barb Holland
Metro Food Writer

Locally grown and readily available year-round, we often take this all-season vegetable for granted.

According to Mushrooms Canada (mushrooms.ca), the total mushroom production in Canada is a staggering 105 million kg. White and brown (Crimini and Portabella) make up 90 per cent of the mushroom crop in Canada, the remaining 10 per cent are specialty mushrooms such as shiitake, oyster, King oyster and enoki.

Mushrooms vary in shape, size, texture and flavour and are much more than a pizza topping.

Asian Chicken Noodle Soup

This colourful and oh-so-healthy recipe, from Foodland Ontario, features Shitake mushrooms. Serve it when feeling a little under the weather or need an immune-enhancing boost. Provide garnishes of green onions, coriander leaves and kick-it-up chili garlic sauce to put in the bottom of deep soup bowls before ladling in soup. Serve with both a spoon and fork (or chopsticks if you're dexterous). Makes about 10 cups/2.5 L), 4 servings.

INGREDIENTS:

- 2 boneless, skinless chicken thighs, fat removed and thinly sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 red pepper, cut into fine matchstick pieces
- 2 carrots, cut into fine matchstick pieces
- 2 cups (500 ml) thinly sliced Shitake or crimini mushrooms (remove stems from Shitakes)
- 3 oz (90 g) spaghetti, broken into 4ths (about 1 cup/250 ml) or other thin noodle
- 8 cups (2 l) chicken broth, preferably sodium reduced
- 2 tbsp (30 ml) soy sauce
- Garnishes:
- 6 green onions, thinly sliced on diagonal
- Fresh coriander leaves, about ½ cup (125 ml)
- Asian chili garlic sauce, about ⅓ cup (75 ml)

FOODLAND ONTARIO

Asian Chicken Noodle Soup.

METHOD:

In a large saucepan, combine chicken, onion, garlic, ginger, pepper, carrots, mushrooms, noodles and chicken broth. Cover and bring to a boil over high heat. Reduce heat and simmer, covered, until chicken, vegetables and noodles are tender, 8 to 10 minutes. Remove any foam that forms on sides of pan during cooking with a rubber spatula. Remove soup from heat and stir in soy sauce. Place green onions, coriander leaves and chili garlic sauce in separate bowls. Let everyone put their choice of garnishes in their soup bowl. Ladle soup into bowls, adding more garnishes as desired.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the **Recession**

Meals for a steal

Italian Kitchen
theitaliankitchen.ca
1037 Alberni St.
604-687-2858
Price: $12 "Lunch 45" menu

Treat yourself to a selection of Italian dishes for $12. Try the featured Ravioli, Spaghetti Bolognese, Conchiglioni or Lasagna.

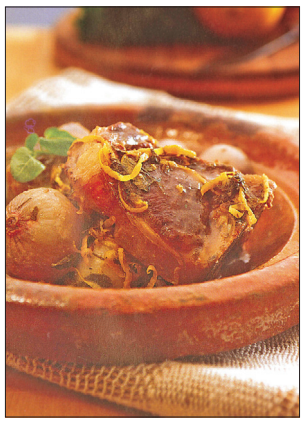
Not what you're looking for? They also have a regular lunch menu to suit various tastes. The two-level restaurant is set in the heart of Vancouver's shopping district so whether you're shopping all day or on a lunch break from work, it's an affordable place for a meal.

Spaghetti Dinner Special
Spaghetti & Meatballs for 2, PLUS a 1/2 litre of House wine for only $24 (plus tax)

Benvenuto! Welcome to Presto Cucina -
a warm and unpretentious way to enjoy the flavours of Italy.
Open everyday at 11:30 am. Take out available - Licensed
Kitsilano - 2272 West 4 th Ave (at Vine) across from Capers
www.prestocucina.ca

If only life were so simple ...

Get ready to create more than 330 meals using only five ingredients ... or less. Quick and easy to make, this new must-have cookbook by Reader's Digest Books is bursting with dishes over a massive 704 pages — from appetizers to main courses, and even desserts. Metro snagged these two simple recipes from Just 5 Things:



Lamb Kleftiko

In this classic Greek dish, the lamb is sealed in a baking dish and slowly baked until tender and succulent. There are many legends surrounding its invention. According to some, the Greeks learned to make it when they were fighting to free themselves from Ottoman rule. Hidden in the mountains, Greek soldiers would place all the ingredients in a dish and bury it over hot embers in the ground. No enticing food smells would emerge to let the enemy know their position. Serves 4.

INGREDIENTS:

- 8 lamb chops, cut about ½ inch (1.5 cm) thick
- 12 shallots, unpeeled
- 2 cups (500 ml) dry white wine
- Finely shredded zest and juice of 2 lemons
- 3 tablespoons fresh oregano leaves

METHOD:

Preheat the oven to 300°F (150°C/gas 2). Put all the ingredients in a large baking dish. Cover with aluminum foil. Bake for about 2 hours, until the lamb is tender.

Remove from the oven. Pour the liquid into a small saucepan. Bring to a boil over high head and cook until reduced by half. Arrange the lamb and shallots in individual serving bowls. Pour the cooking liquid into the bowls and serve hot.

Chocolate and Hazelnut Pots

Serves 4.

INGREDIENTS:

- 4 ounces (125 g) semisweet or dark chocolate
- ¾ cup (180 ml) heavy (double) cream
- ½ cup (50 g) roasted and coarsely chopped hazelnuts
- 1 teaspoon vanilla extract (essence)
- 1 cup (250 g) fresh strawberries, sliced

METHOD:

Melt the chocolate in a double boiler over barely simmering water. Transfer to a large bowl and let cool slightly. Use a large rubber spatula to mix the cream, hazelnuts, and vanilla into the melted chocolate. Pour the mixture evenly into four serving dishes.

Cover with plastic wrap (cling film) and chill for 15 minutes. Serve with the sliced strawberries.

LiquidAssets

Peter Rockwell
liquidassets@eastlink.ca

Thrifty thirst

Forget about country, region, producer or even grape variety; if my email inbox is any indication when it comes to wine, the only thing many of you are interested in during these turbulent times is something to sip on that doesn't drain what's left in your bank accounts.

Blame the economy. As it flounders in a sea of uncertainty even some of the uppity snobs I know (those that usually wouldn't dirty their glass with the likes of a simple quaffing wine) have taken to scanning liquor store shelves in hopes of finding a recession-friendly tipple. Most have discovered that South America is the liquid oasis for those as thrifty as they are thirsty.

As the globe's fifth largest wine producer, value-priced juice is oozing out of Argentina — especially from its major players like **Bodegas Trapiche**. Its **Astica ($7.45 - $9.00)** line is a constant winner with both the **2007 Sauvignon Blanc Semillon** and **2007 Merlot Malbec** solid, food-friendly easy-drinkers.

When it comes to bang for your buck **Concha y Toro's 1500 ml Frontera ($14.95 - $17.56) Cabernet Sauvignon Merlot** and **Sauvignon Blanc** from neighbouring Chile are hard to beat if you're looking to trade down without sacrificing flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.

Riding the **Recession**

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Wine Festival
There are still tickets left for several events at the Vancouver Playhouse International Wine Festival next month, but they're selling out quickly, so be sure to buy soon. playhousewinefest.com METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

To Market, to market we go ...

ANYA LEVYKH
anya.levykh@gmail.com

Market by Jean-Georges
1128 West Georgia St.
Vancouver
604-695-1115
shangri-la.com

Signature Drink:
Orange-Elderflower Cosmo
Signature Dish:
Lobster & Potato Gnocchi
Rating: ●●●●●
Dinner & drinks for 2:
$120

It's happened. No, I mean it's really happened. I have found the restaurant that is going to cater my wedding (assuming I ever meet someone I want to marry). Oh, but of course you're saying: It's Jean-Georges Vongerichten's new resto at the Shangri-La, of course it's amazing and probably pricey to boot. You smirk.

Think again: Sure, the prices aren't diner-equivalents, but with entrees mainly staying below the $28 mark and cocktails around $9, it's not exactly the most expensive meal in the city either.

When you factor in taste, quality and service, it's a damn bargain.

Foie gras brulée ($16) with dried sour cherries and white port gelée sat on a delicate, soaked biscuit, sinfully good and ridiculously large. Velvety butternut squash soup ($8) was poured tableside over trumpet mushrooms, spinach and chives. Seared scallops ($16) with caramelized cauliflower was over the top with a salty-sweet caper-raisin emulsion. Soy-glazed beef short ribs ($19) fell off the bone into the apple-jalapeno puree and were inhaled off the plate.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER
Poached lobster with potato gnocchi and jalapeno slices.

Desserts ($8 each) of passionfruit Pavlova and crème fraîche cheesecake with red wine sorbet were addictive.

According to the message in the complimentary house-baked fortune cookies I found in my car, "Your delightful journey is only just beginning." Here's to that.

The Many Sides of Pinot: Pinot Meunier

It's most famous for being one of three varietals used to make Champagne, but this black Pinot mutant is pretty quaffable all on its own. With a richness of fruit on the palate, these Meuniers all boast a tang of summer with a nice berry finish. Soaring Eagle ($21.90), St. Hubertus ($16.01), Thornhaven Estate ($17.90), all at Edgemont Village VQA Wine Store. villagevqawines.com.

Dining out

WEEKLY WINE TASTING
So.Cial at Le Magasin (332 Water St.) has a new complimentary weekly wine tasting, every Thursday from 6 to 7 p.m., with a few small bites from Chef Romy Prasad. Stay for the fabulous three-course dinner for $25, available nightly from 5 to 11 p.m. Call 604-669-4488 or visit socialatlemagasin.com.

AUTHENTIC ITALIAN
On Sunday, March 1, La Quercia Restaurant (3689 West 4 Ave.) and Tyler Dawson (Ty the Wine Guy) will present an evening of authentic Italian food and rare Piedmont wines. The seven-course menu includes Barolo braised beef cheeks, rabbit arrosto and Tajarin al tartufo. $119. Call 604-676-1007.

In brief

A PRESIDENTIAL QUAFF... During U.S. President Barack Obama's recent Canadian visit, he sipped none other than Quail's Gate 2007 Chenin Blanc. QG owner Tony Stewart called it "an historic honour."

RAINCITY GRILL, C Restaurant and Nu Restaurant & Lounge will all be shutting off the lights in the kitchen and in the dining room during Earth Hour on Saturday, March 28.

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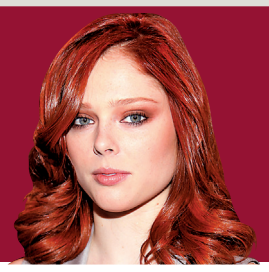
Miller sisters sparkle in London

British actress Sienna Miller and her designer sister Savannah showed off a sparkling line of clothes for the catwalk debut of their Twenty8Twelve label at London Fashion Week late on Sunday. The collection included mini skirts, spray on denim and biker jackets. **REUTERS**

Style



Coco steps into interviewer role

That Coco Rocha is one smart cookie. The flame-haired 20-year-old Canadian model, who has been tearing up the runways and is a fixture in major fashion magazines, has taken a break from strutting the catwalk this week. Instead, mike in hand and trailing a camera crew, Rocha has been seen conducting television interviews. She is producing an hour-long show on models for E! It's never too soon for a model to start diversifying her career – especially in this tumultuous economy. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Positively fashionable

London Fashion Week collections showcased a stream of optimism

KENYA HUNT
Metro World News

It began in New York with neon bright colors and boldly glamorous looks, but London kicked the fall 2009 fashion week season's defiantly upbeat energy up a notch.

The city's shorter (only four days long) week had an electric, dare we say, celebratory vibe to it that made a great antidote to increasingly dismal financial headlines. "I've had some really great nights out this week. People are really happy and high-spirited and it makes the fashion stronger," says Markus Lupfer, the designer behind Armand Basi One.

Meanwhile, Osman Yousefzada jokes, "What recession?" John Rocha, who has weathered several economic downturns says that he's feeling more optimistic about the new Obama administration. But Lupfer attributes London Fashion Week's strong note to the fact that its designers already know how to wow on little funds. "London's fashion market isn't as big business as it is in New York, Paris, or even Milan. We've always had less money. It's nothing new to have no money and to find a new way to do a collection without spending millions," he adds.

Here are some highlights from the past week:

London Fashion Week's fall 2009 collections offered bold, glamourous looks like designer Jenny Packham's bright gowns, left, and Osman Yoursefzada's futuristic fabrics.

"People are really happy and high-spirited and it makes the fashion stronger."
Markus Lupfer, designer behind Armand Basi One

OSMAN YOUSEFZADA

The designer sought inspiration from Blade Runner, which surfaced in the collection's futurist undertones. Standouts were his clean, minimalist dresses such as a beige long-sleeve dress with a pleated skirt. His trousers, which usually came high-waisted, cropped with wide-legs, were a bit of a harder sell.

ARMAND BASI ONE

Plays on volume in a monotone palette of black and gray were the dominant ideas here from billowing button-down shirts with dolman sleeves and the lowest drop-crotch harem pants. Mix in high waist lines, architectural shapes and broad shoulders and you've got a challenging collection to say the least. But one doesn't come to London for the "sellable."

TOPSHOP UNIQUE

The British mega-high street chain left spring's obsession with the '80s behind in favor of a more futuristic sci-fi approach for its in-house label. Led by head designer Karen Bonser, the Unique team's vision of the future looks more Blade Runner meets Mad Max than Tron. That meant a lot of volume (oversized shaggy coats, massive knit sweaters and ginormous scarves) and even more layering (a draped dress worn over a long sleeve tee with above-the-elbow gloves, over baggy sequined pants, for instance.) On the one hand, the Blade Runner brand of eccentricity seemed fresh (the idea of looking forward is a nice one in this climate) and British to the core. But on the other, it seemed heavy and unflattering for such a mainstream, high street brand (I can't see many girls pulling off those shaggy coats and dresses). I'm curious to see how it performs Stateside when Topshop finally crosses the Atlantic in April.

AQUASCUTUM

The 155-year-old classic British brand continued fall's obsession with fur, using it as shoulder accents on sophisticated coats and dresses. The color red, another big idea for the season, surfaced later in the show with a houndstooth suit, dresses and separates that will probably appeal more to twenty- and thirtysomethings.

LUELLA BARTLEY

Bob Geldof and daughter Peaches sat front row while her sister Pixie walked the runway in a flirty, punky strapless number worn over a textured long sleeve Tee. The celebrity cameo aside, the real standouts came in a series of more tailored looks in chocolate brown, metallic gold and black such as an easy, A-line skirt paired with a navy cardigan featuring Luella's trademark polka dots.

PHOTOS ON THIS PAGE: GETTY IMAGES

London Fashion Week kicked off last Friday with no sign of the recession in sight. The Luella Bartley 2009 fall collection, left, featured well-tailored looks like this metallic gold A-line skirt paired with a navy cardigan and Luella's trademark polka dots.

Trends from Fashion Week in London

KENYA HUNT
Metro World News

Futurism:
Topshop Unique, Osman Yousefzada (pictured)

A return to the '80s:
Armand Basi One (pictured), PPQ.

Bright colors:
Nicole Farhi, House of Holland (pictured), Charles Anastase, Kinder Aggugini.

Bold stripes and plaids:
Christopher Kane, PPQ, Vivienne Westwood (pictured), Nicole Farhi

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A touch of femininity
A fresh daytime scent that includes a touch of orange and coriander, Lacoste's Love of Pink for women exudes a playful statement. It is available for $72 (50ml) at selected Bay, Sears, Shoppers Drug Mart/Pharmaprix and Lacoste boutiques. METRO

Oscar 'dos made easy

Tips on recreating the red carpet's best hair style looks

Anyone who admired the fashion and beauty at the 81st Academy Awards earlier this week may have noticed a return to elegance and glamour, reminiscent of old Hollywood.

This was especially evident in hair styles, says Terry Ritcey, Redken Canada's director of education and events.

This year there was a feeling of retro, of Hollywood starlets, he says, adding that there were more up 'dos and pulled back looks on the red carpet than ever before.

"This was a great year for hair at the Oscars," he says. "Hollywood's sophistication and glamour came through. There were few missteps and the hair styles complimented the dresses creating an overall effect of elegance."

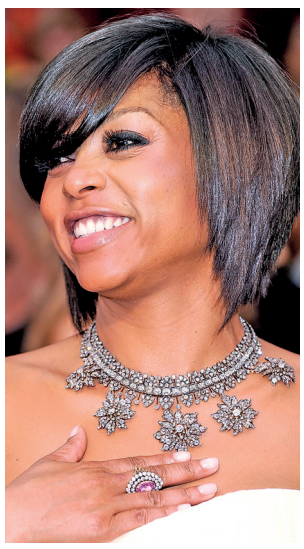
For best hair, Ritcey thinks it was a tie between Kate Winslet and Angelina Jolie.

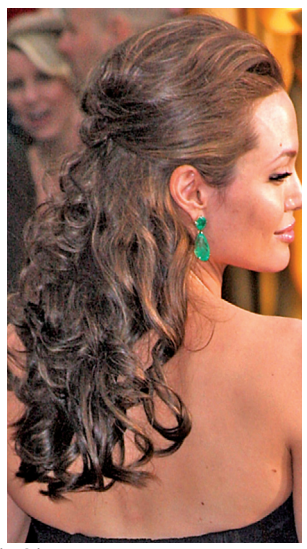
"Kate's sculpted look was a perfect balance to the refined Yves St. Laurent dress, which allowed her hair and her minimalist jewellery to complete the overall look of glamour," he explains. "Angelina's Elie Saab dress was the perfect match to her flowing waves and pulled back softness — providing a wonderful frame for her face, and a canvas for her jewellery."

Another 'do that caught Ritcey's eye was Evan Rachel Wood's '40s-inspired wave and set curl. He suggests this for a unique look, but warns that you should always take into consideration the dress when deciding the hair style. "It's important to find balance."

Meanwhile, the worst hair award goes to Jessica Biel. "The softness she was trying to achieve perhaps went a bit flat," says Ritcey.

For anyone looking to recreate some of this year's best red carpet hair styles, Redken offers these tips:





Winning styles: Taraji P. Henson's (left) sleek, sophisticated bob and Angelina Jolie's (right) half-up soft, textured loose curls.

Kate Winslet: Up-swept and away from the face with volume blending into a low sculpture in the nape area.

Lightly back comb to create fullness on top of head and move into a low nape forming sculpture using finishing spray to lock in a firm finish.

Penelope Cruz: Sleek elegant up-do with face framing fringe.

Blow dry hair with blow-dry lotion. Pin hair up in a secure up-do creating smoothness and volume in the back area of the head, maximizing volume and fullness. Finish with shine spray for a lightweight glam finish.

Taraji P. Henson: Side swept, face framing bob with sleek volume.

Blow dry hair with volume spray foam for flexible fullness and bold gutsy style. Spray on straightening spray and follow with a flat iron for silky, shiny straightness.

Marisa Tomei: Asymmetrical side sweep... half up.

Blow dry hair with protective volumizing mousse for soft fullness. Curl hair with large barrel curling iron using ironing spray and pin up the back, creating soft piece texture.

GETTY IMAGES

Kate Winslet's up swept red carpet 'do, which cascaded into a low sculpture around the nape, was very reminiscent of old Hollywood.

Meryl Streep: Elegant up-do with soft piecy voluminous texture.

Blow dry with a volumizing texture whip for volume without stiffness. Curl hair with medium barrel curling iron using thermal setting mist for lasting control and shine. Pin hair up into a soft twist, creating texture and volume.

Angelina Jolie: Elegant half-up away from the face style with soft texture.

Use a heat-active texturizer to create texture and definition. Pin hair up and away from the face, leaving half of the hair down. Spray hair with ironing spray. Curl with large barrel curling iron to create long-lasting memory and texture.

Viola Davis: Side-swept curls and tendrils with face framing texture. Sophisticated elegance.

Blow dry hair with blow-dry lotion for a silky finish. Spray with thermal setting mist and pin curl entire head for bouncy texture with staying power.

Anne Hathaway: Side-swept elegant low chignon with volume.

Blow dry hair with straightening balm for a sleek, silky finish. Pin into a low ponytail, lightly tease for volume and pin into a loose chignon, maximizing the volume of the chignon. Finish with super strength finishing spray for a frizz-free, lasting finish.

METRO NEWS SERVICE

Kenya's**Style**

Kenya Hunt

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Twilight hits stores on March 21

The DVD of the hit film Twilight will arrive in stores on March 21. The DVD will include extended scenes, audio commentary by director Catherine Hardwicke, Kristen Stewart and Robert Pattinson, plus music videos from Muse, Paramore and Linkin Park. **METRO NEWS SERVICES**

Entertainment

Ladies turn Page

Steven Page has left The Barenaked Ladies after more than 20 years. Page is parting company with the remaining in order to pursue solo projects. MSN.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Masterful return of K'naan

K'naan

Album: Troubadour
Label: A&M/Universal
Rating: ●●●●½

IF THERE'S ANY doubt about which North American country can lay claim to having the best rappers around, just listen to K'naan's new record and you'll see that Canada wins. Somalia-born, Toronto-based wordsmith Kanaan Warsame's sophomore effort delivers a masterful record of rap, rock, reggae and everything in between. It's loaded with contagious hooks (I Come Prepared), anthemic arena-ready hip-hop (ABCs) and even a scorching guitar solo by Metallica's Kirk Hammett on If Rap Gets Jealous. With such a strong follow-up effort such as this, it's only a matter of time until the U.S. hands Canada the hip-hop crown.

Bryan Borzykowski/for Metro Canada

DD/MM/YYYY

Album: Black Square
Label: We Are Busy Bodies
Rating: ●●●½

TORONTO'S DD/MM/YYYY MIGHT have turned some people off with their rambling sophomore disc Are They Masks?, but hopefully those disillusioned fans will give these guys another chance. Their latest is nearly as wacky and experimental as previous efforts, but it's more grounded in actual songwriting. That's not to say there are standard choruses and verses, but each song does have an accessible theme that anyone can follow. Fortunately, the group continues to blast as much noise as possible, with fast fingered riffs and blazing synths leading the way. Easily one of the best experimental noise records this year.

Bryan Borzykowski/for Metro Canada

Gentleman Reg

Album: Jet Black
Label: Arts & Crafts
Rating: ●●●

IT'S NO SECRET that the Road Hammers are the best country rock band in Canada. Their blend of outlaw trucker rock can admittedly sound contrived, but you can get overly cynical about such things. Nobody in their wildest dreams could have imagined how well traditionalist McCoy would sound with guitar rocker Clayton Bellamy. Throw in a near-metal rhythm section and you've got a winning combination. This may have started out as a side project for McCoy but it's turned into his bread and butter. A second album was inevitable. It sticks to the same successful road map and band cohesion pushes it a notch above the first.

Graham Rockingham/for Metro Canada

K'naan's sophomore album delivers a masterful blend of rap, rock, reggae and everything in between.

Bell X1

Album: Blue Lights on the Runway **Label:** Yep Roc/Outside
Rating: ●●½

IT'S HARD TO understand why Irish trio Bell X1 have a diehard following. Their middling rock calls to mind a less mainstream Coldplay or a Radiohead. Their new disc is definitely an improvement over the banal Flock, but it's not much better. Sweeping electro sounds, high pitched vocals and a mundane keyboard jam on Amelia offer nothing new to Brit-obsessed music fans. They're definitely better and more indie sounding than the Fray or even Chris Martin and co., but that's not saying much.

Bryan Borzykowski/for Metro Canada

Howie Beck

Album: How To Fall Down in Public
Label: 13 Clouds/Fontana North
Rating: ●●●●

IT'S BEEN FIVE long years since we've heard from one of Canada's best kept musical secrets. Hopefully, How To Fall Down In Public, Beck's fourth solo effort, will give him the recognition he deserves in his own country. It's filled with nine restrained, but exquisitely crafted compositions, running the gamut from the pop-rock to country-folk to piano lounge. There's a little bit of The Beatles, Springsteen and maybe even Randy Newman thrown into the influence mix, but mostly, it's all Beck with a couple of backing voices to help him out — Sarah Harmer and Leslie Feist. Melody is a hugely underappreciated commodity in the Canadian indie scene. Maybe people should start coming around to Howie Beck's store. He's got plenty.

Graham Rockingham/for Metro Canada

The Road Hammers

Album: Road Hammers II
Label: Open Road/Universal
Rating: ●●●

IT'S NO SECRET that the Road Hammers are the best country rock band in Canada. Their blend of outlaw trucker rock can admittedly sound contrived, but you can get overly cynical about such things. Nobody in their wildest dreams could have imagined how well traditionalist McCoy would sound with guitar rocker Clayton Bellamy. Throw in a near-metal rhythm section and you've got a winning combination. A second album was inevitable. It sticks to the same successful road map and band cohesion pushes it a notch above the first.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

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Hudson turns to gospel
Jennifer Hudson seems to be turning her back on her pop music roots as she sets her sights on recording a gospel album, reports MediaTakeOut. FEMALEFIRST.CO.UK

Gentleman in Black

Toronto artist gets his groove on in new album

BRYAN BORZYKOWSKI
for Metro Canada

If you're new to indie rock it's likely that you haven't heard of Gentleman Reg. That's not because the Toronto-based singer-songwriter isn't any good, it's just taken him five years to release a new album.

"There are so many reasons," says Reg Vermue, about why he hasn't put out a new disc since 2004's Darby & Joan. "A main one was the dissolving of my old record label, Three Gut Records. That was a biggie."

Just because his label disbanded, didn't mean Vermue threw in the towel. He was forced to work the disc himself for more than a year, and when he finally sat down to record a record more problems arose.

"The actual process of making the album didn't take that long," he says. "Like everything else, it was the business. There were band lineup changes and I went through three managers."

" (Unlike on other albums) I wanted what was best for the songs and let go of my ego."
Reg Vermue

Luckily, Vermue — whose specialty is delicate indie pop — not only created the best album of his career with Jet Black, but he landed on Arts & Crafts, the venerable Toronto-based label that's home to Feist and Broken Social Scene.

"Arts& Crafts and I have always flirted with each other and I've sung with Broken Social Scene a bunch of times," says Vermue, explaining why he signed to the label.

"And Kevin Drew (BSS singer and label co-owner) has always been a huge fan and supporter. So it was just very natural for me to give this record to them."

What A&C got isn't the usual Gentleman Reg fare. Instead of light poppy numbers Vermue turned up his amp and churned out a bevy of hook-filled rockers. The most memorable tune is We're in a Thunderstorm, an odd, but unbelievably infectious chillout dance club track.

"The music is definitely more experimental and playful," he says. "(Unlike on other albums) I wanted what was best for the songs and let go of my ego. I was open to admitting that maybe making the song a minute shorter is better for a pop song."

As for the dance track, Gentleman Reg says that's from a recording session with I Am Robot's Shaw-Han Liem. The two created an album's worth of experimental club numbers, but Vermue decided to include We're in a Thunderstorm on Jet Black rather than this chillout disc that may or may not see the light of day.

"I wanted something really exciting, a little spark," says Vermue. "I went through all my dance stuff thinking I was insane to think about it, but I found that one song that's the least dancy of all the stuff I recorded."

So now that his record is complete and his music has found a new home, Vermue must be feeling pretty content, right? Not so much.

"I don't feel settled. There's a lot of stuff going on right now. And I think being too comfortable is not necessarily a good thing, that would make me lazy, and it has the past."

Gentleman Reg is back with new album Jet Black, his first since 2004's Darby & Joan.

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Milk hailed as 'tonic' for young, gay activists

MOVIES Milk lost the battle for the best film Oscar Sunday, but a day later activists say it has won a lasting place in U.S. culture wars by energizing mostly young, gay men and women to speak out.

The movie, which recounts the political life of slain gay activist Harvey Milk, did win two Oscars — best actor for Sean Penn who played Milk and best original screenplay for Dustin Lance Black, a one-time closeted gay teenager raised as a Mormon in Texas. It lost the best movie Oscar to rags-to-riches romance Slumdog Millionaire, and in Hollywood there is an old saying that few people remember the winners other than best film.

Even so, members of the gay community say Milk has been like a tonic that has renewed a sense of activism among younger gay men and lesbians, which is expected to last long into the future.

"Of all the Oscar films, the one that will live on is Milk," said Geoff Kors head of Equality California. "It is a film that will be shown in schools and LGBT (lesbian, gay, bisexual and transgender) centres around the world."

GETTY IMAGES PHOTO

Sean Penn speaks after receiving his Oscar Sunday night for best actor in Milk at the Kodak Theatre in Los Angeles.

By all accounts, the political battles over gay marriage in the United States and the 2008 election have also raised awareness of political activism among young, gay individuals.

Beyond current day issues, Milk serves as a reminder that gay men and women have a history of political trailblazers to be admired for openly advocating social change.

"Milk the movie has reintroduced a period in the fight for gay rights to a younger crowd that may have not have been so familiar with that period," said Phil Curtis, director of government affairs, for AIDS Project Los Angeles.

REUTERS

Lil Wayne faces gun charges

ACCUSED Rapper Lil Wayne, fresh from winning best rap album at the 2009 Grammy Awards, will face criminal gun possession charges at a trial scheduled to begin April 20, a New York judge said Tuesday.

Lil Wayne, whose real name is Dwayne Carter, faces one count of criminal weapons possession and one charge of criminal possession of a loaded weapon. Prosecutors allege a gun was found in his tour bus in July 2007.

Carter appeared in court wearing a black leather jacket, jeans, and black-rimmed glasses, blowing a kiss to fans who greeted him outside the courtroom.

New York State Supreme Court Judge Charles Solomon ordered jury selection as soon as the rapper completes his current concert commitments.

REUTERS

Homes for Slumdog child actors

MOVIES The two main child actors from Slumdog Millionaire are to receive new homes from the Indian authorities after the small-budget movie swept the Oscars, winning eight Academy Awards.

The Mumbai homes will go to Rubina Ali and Azharuddin Ismail, who played the young roles of the movie's central characters, Latika and Salim, in the rags-to-riches romance about a poor Indian boy competing for love and money on a TV game show.

"These two children have brought laurels to the country, and we have been told that they live in slums, which cannot even be classified as housing," said Gautam Chatterjee, head of the state-run Maharashtra Housing and Area Development Authority.

Authorities did not say where the home would be only that the would be apartments and near a "prime location."

Ali, eight, currently lives in a tiny hovel in a rubbish strewn slum near railway tracks in India's financial hub. Ismail sleeps under a polythene sheet-covered roof in the same slum. Open sewers run nearby and both homes have no running water.

The movie, based in Mumbai which is part of Maharashtra state, took home eight awards from the Oscars including best picture and best director for Britain's Danny Boyle.

But in the leadup to Sunday's Oscars, the movie's success around the globe was overshadowed by objections in India to its name which some Indians find offensive, its depiction of the lives of impoverished Indians, and the treatment of the cast.

There was an outcry after pictures emerged of the child stars living in squalor despite the $15 million movie earning about $100 million since its North American release last November.

GETTY IMAGES PHOTO

Director Danny Boyle and child actress Rubiana Ali hold two of Slumdog Milllionaire's winning Oscar statuettes Sunday in Los Angeles.

Ticketmaster urged to sell TicketsNow

CONTROVERSY The chief executives of Live Nation and Ticketmaster got a skeptical reception on Capitol Hill Tuesday. During the hearing, Sen. Charles Schumer urged Ticketmaster CEO Irving Azoff to sell TicketsNow. Recently, fans of Bruce Springsteen who signed on to Ticketmaster when concert tickets went on sale were told that they had sold out within minutes, and were directed to the reseller which had considerably more expensive tickets.

REUTERS

Engagement's off for Megan and Brian
Transformers star Megan Fox and Brian Austin Green have quietly ended their engagement to be married, a source confirms to People. "The decision was mutual," says the source. "They're still friends." METRO NEWS SERVICES

Recession blurs future for 3-D

High-cost screening equipment limits films' potential audience

Hollywood is turning to 3-D movies more than at any time since the 1950s to boost ticket sales, but the recession has created a distribution logjam that has blurred the current box office outlook for 3-D.

This Friday, Walt Disney Co. will release Jonas Brothers: The 3-D Concert Experience in theatres equipped for 3-D. But that means Focus Features' Coraline, a 3-D hit, must cut its 3-D presence to some 300 screens, likely before it's played to all potential fans.

"It's a statement about how the industry is just so behind an opportunity to make more money, at a time that we've been told constantly the economy is bad. It's ridiculous," said Jack Foley, president of distribution for Focus.

The roll-out of expensive digital equipment needed to show 3-D movies began early this decade and picked up steam after Disney's 3-D version of 2005's Chicken Little became a hit.

Hollywood sees 3-D films as a way to lure audiences out of home entertainment "cocoons," and major studios will release more than a dozen movies in 3-D this year, twice as many as in 2007 and 2008 combined.

No studio has turned to 3-D as aggressively as DreamWorks Animation SKG, whose chief executive officer, Jeffrey Katzenberg, has pledged to release all its movies in 3-D. DreamWorks hopes its animated movie Monsters vs. Aliens can play on 2,200 3-D screens in North America when it opens March 27, but that appears unlikely.

Converting the vast majority of the 38,900 screens in the U.S. will cost $2 billion US, said Patrick Corcoran, director of media and research for the US-based National Association of Theater Owners. "It's a large capital investment and large capital investors are just not out there right now, so it's going to have to happen screen-by-screen, fairly piecemeal." REUTERS

A scene from Coraline, which has been a 3-D hit. But a "distribution logjam" means Focus Features will have to cut the film's 3-D presence probably before it has played to all potential fans.

Conan sidekick joins Tonight Show

TELEVISION Conan O'Brien and former sidekick Andy Richter are reuniting after making TV audiences laugh through the 1990s on Late Night with Conan O'Brien.

With O'Brien taking over as host of The Tonight Show on June 1, Richter will join the late-night program as an announcer and act in sketches, network NBC said on Tuesday.

O'Brien said in a statement that Richter is "one of the funniest people I know" and that the two have remained friends since Richter left NBC's Late Night with Conan O'Brien in 2000 to pursue an acting career.

Richter, 42, was known for his unusual blend of folksy demeanor and dark humor, appearing in sketches such as spoofs of the NBC public service announcements The More You Know and joking with O'Brien from his seat next to the host's desk. REUTERS

KEVIN WINTER/GETTY IMAGES

Andy Richter

U.S. Congress honours Paul Newman

FILM Paul Newman, who died last year of cancer, was given a posthumous honour this week as the U.S. House of Representatives approved a resolution recognizing the iconic actor's life and achievements.

"His legendary acting, steely blue eyes, good humor and passion for helping the less fortunate made him one of the most prominent figures in American arts for 40 years," said Rep. Jim Jordan, a Republican from the actor's native state of Ohio.

Newman earned nine Oscar nominations and appeared in more than 50 movies. REUTERS

Spidey heads to Broadway with U2

THEATRE The long-in-the-works Spider-Man musical has an official opening date. Spider-Man: Turn Off the Dark, directed by Julie Taymor with music and lyrics by U2 main men Bono and the Edge, will open on Broadway Feb. 18.

While no castings have officially taken place, Taymor has been conducting table readings with the stars of her Across the Universe movie, Jim Sturgess and Evan Rachel Wood. The latter has publicly said the role of Spider-Man's Mary Jane Watson is hers.

Ellen returns to do animated voiceover

FILM Ellen DeGeneres will return to the animated big screen for the first time since 2003's Finding Nemo. The talk show host will star in the voice cast of Dog Show. The story centres on a stray dog and her misfit friends who shake up the pure-bred world of a Westminster-like dog show. REUTERS

DeGeneres

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/26/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Doc Zone "Bio Dad" A man searches for his biological father.				CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	Time and Again (2007, Drama) Brooke Burns. (CC)				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol The final three.		CSI: Crime Scene Invstgtn.		ER "T-Minus-6" (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Bloodline" (CC)		Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office	Kink in Hair	The Unit (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Wife Swap (N) (CC)		Private Practice "Let It Go"		Eleventh Hour "Electro" (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty "Things Fall Apart"		30 Rock	30 Rock (N)	Hell's Kitchen (N) (PA) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Bloodline" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Electro"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Furious Five	Kath & Kim	The Office	(:31) 30 Rock	ER "T-Minus-6" (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	House	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "Things Fall Apart"		Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Blankman ★★ (1994) Damon Wayans, David Alan Grier.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Stevie Wonder-White House		Victor Borge: 100 Years of Music & Laughter!			Priests at Armagh Cathedral	
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol The final three.		Hell's Kitchen (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	43 PBS	Conquistadors (CC) (DVS)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Stevie Wonder-White House	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Eliminate Debt
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Bloodline" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Colon Detox	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	29 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Skiing	College Basketball UCLA at Stanford. (Live)				Canucks TV	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) Curling 2009 Scotties Tournament of Hearts -- Draw 17. (Live) (CC)					SportsCentre	Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker "Dustin and Ian"		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	50 SCR	Basketball	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Bullrun (N)		Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun		Bullrun
	416	409	144 GLF	Extra Time	Footballers	Gol TV News	Extra Time	Soccer Cam	Gol TV News	Extra Time	Gol TV News	Extra Time
family	552	543	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach "Wake Jam"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	V for Vendetta ★★★ (2006, Action) Natalie Portman. (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	e2 (N) (CC)	Myths and Heroes		Adventures in Architecture		Vertical City	Design e2	Rock, Roll Kid
	575	583	20 CMT	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	(6:00) Brit Awards '09		Video on Trial	Video on Trial	Pimp My Ride	Pimp My Ride	Video on Trial	Video on Trial	Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The Beast "Capone" (N)		The Beast "Capone" (CC)		The First 48 "Lester Street"		The First 48 After the arrest.		The Beast
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		CSI: Crime Scene Invstgtn.		MANswers	MANswers	Married... With	Married... With	MXC
	521	560	34 TLC	Heli-Loggers (N) (CC)		Street Customs (CC)		Heli-Loggers (CC)		Overhaulin' "SEMA Show"		Sports Dis
	616	522	39 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Resident Evil: Apocalypse ★★ (2004) (CC)		
	620	523	40 BVO	Last Mogul: Life and Times		Law & Order (CC)		Without a Trace (CC)		Till Human Voices Wake Us ★★ (2002) (CC)		
	601	562	41 SLC	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters "Viral Hour"		Daily Planet (CC)		Deadliest Catch (CC)		MythBusters (CC)		MythBusters
	522	506	44 HIS	NCIS "Eye Spy" (CC)		Dogfights "Tuskegee Airmen"		Deep Wreck Mysteries (CC)		NCIS "Eye Spy" (CC)		Ancestors
	627	528	45 SPC	Chuck (CC)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Enough ★★ (2002) (PA) Jennifer Lopez, Billy Campbell. (CC)				Sex and-City	Sex and-City	Lara Croft Tomb Raider: The Cradle of Life		
	619	525	48 TROP	Make	Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge Candy castles.		Unwrapped	Secret Life of	Family
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	320	621	60 CEN	Unstable Fables: Tortoise		Son of Rambow ★★★ (2007) Bill Milner.				(:45) The Brothers Solomon ★ (2007) Will Arnett. (CC)		
	581	566	101 MTV	The Girls of Hedsor Hall (N)		MTV Live	After	Making the Band 4 (CC)		The Girls of Hedsor Hall		MTV Live
	261	394	102 V	(6:00) The Gospel Road ★★		Poltergeist: The Legacy		The Gospel Road ★★ (1973) Robert Elfstrom. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

CSI: Crime Scene Investigation
These are the types of story lines that made us fall in love with this series. This week Langston (Laurence Fishburne) and the team investigate three different crime scenes in one night. The three crimes seem to be unrelated, but each case's forensic evidence reveals a common link. John Schneider and Michael Weston guest star in "Kill Me if You Can." 9 PM on CBS CTV

ER
Taking cues from Brangelina, Dr. Banfield (Angela Bassett) and her husband (guest star Courtney B. Vance) consider adopting after growing frustrated with in vitro fertilization. Meanwhile, Dr. Carter (guest star Noah Wyle) tries to jump back into working at County but struggles with the new procedures and technology. And Sam (Linda Cardellini) is shocked when her mother (guest star Amy Madigan) comes into the ER. 10 PM on CTV NBC

Real-life vampire love

Art seems to imitates life on the set of True Blood, usmagazine.com reports. Anna Paquin and Stephen Moyer — who are romantically linked on the HBO vampire series — are a couple off screen as well. "We are together," Moyer told TV Guide Magazine. METRO NEWS SERVICES

Celebrity Buzz

Brown in anger management classes?

LEGAL Chris Brown is taking anger management lessons, femalefirst.co.uk alleges.

The Run It singer, who allegedly beat up his girlfriend Rihanna earlier this month, has reportedly been advised the classes will help him when he appears in court on suspicion of making criminal threats next month, the website reports.

A source said: "Chris doesn't actually have to go by law, but he believes it will make him look better to the public, and he wants to try to get in a few classes before his court date on March 5."

Brown — who recently released a statement saying he was "sorry and saddened over what transpired" — is believed to have attended his first class in California on Monday.

It has also been claimed 21-year-old Rihanna has a bad temper and the pair had several heated arguments before the incident in Brown's car on Feb. 7, the website also alleges.

The source added to the New York Daily News newspaper: "Rihanna is temperamental, too. They're both too hot-headed for their own good.

"It didn't help that Rihanna grabbed the keys out of his rented Lamborghini and threw them down the street. She knew it would really infuriate Chris, and it worked."

It is believed the Barbados-born beauty will be required to appear at her estranged lover's court trial, forcing the pair to see each other for the first time since Chris was arrested.

The source explained: "Rihanna will be there, she has to testify. If Chris is convicted, it would be his first offence. He won't go to prison."

METRO NEWS SERVICES

Brit's ex charged in hit and run

LEGAL An arrest warrant has been issued for Britney Spears' paparazzo ex-boyfriend to face felony charges of trying to avoid a process server — with the help of some German engineering, people.com reports.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears' father, at Adnan Ghalib's apartment complex in Encino on Feb. 11 when Ghalib got into his Mercedes and drove it toward the victim.

To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib allegedly drove away without stopping, the website adds.

Ghalib was slapped Tuesday with three felony charges of assault with a deadly weapon, hit-and-run and battery, all worth up to seven years in prison if convicted. The charges include special allegations: Use of a deadly weapon — a car — and great bodily injury. Prosecutors are asking bail be set at $110,000.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Weight worries over Lindsay

PEOPLE Michael Lohan is concerned about his daughter Lindsay Lohan's health.

While stopping by Good Day Philadelphia, Michael was asked about Lindsay's recent weight loss. "Lindsay goes through her fluctuations in weight for different roles she's in, and travelling and what she's eating and taking care of herself. I'll talk to her about it. I'll see what's going on," he said.

But that might be difficult, he admitted, since their relationship "has been a little strained because of her relationship with Samantha (Ronson)."

METRO NEWS SERVICES

Kate and Owen: Still just friends?

RUMOUR On-again off-again couple Kate Hudson and Owen Wilson were spotted chatting cozily on a park bench in Paris after taking a bike ride around the romantic city.

There's no word on the state of their relationship, but experts at the Mirror think that the pair's body language suggests they're still just friends.

METRO NEWS SERVICES

Rosie on menopause, Madonna and having one too many beers

PEOPLE Rosie O'Donnell has been emailing back and forth with Madonna about menopause, she reveals in an interview on The Tyra Banks Show to air today and tomorrow, usmagazine.com reports.

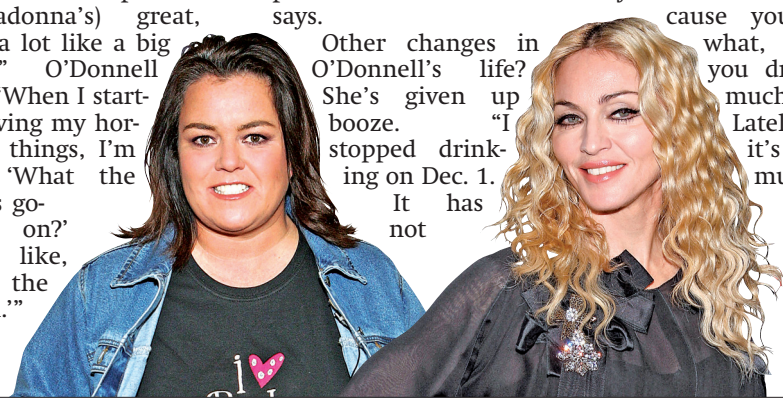
"(Madonna's) great, she's a lot like a big sister," O'Donnell says. "When I started having my hormone things, I'm like, 'What the hell is going on?' she's like, 'Get the cream.'"

The former View host doesn't hold anything back when talking about her body.

"Well let me tell you one thing, Tyra: I am about to be 47 next month and Aunt Flow has not shown up for nine months," she says.

Other changes in O'Donnell's life? She's given up booze. "I stopped drinking on Dec. 1. It has been easy," she admits. "On Nov. 29, I was with my son, who is now 13, and I said to him, 'Park, can you get me a beer?'" she says. "And he said, 'No I don't want to.' And I said, 'Really why not?' And he says, 'Because you know what, I think you drink too much beer ... Lately I think it's too much.'"

METRO NEWS SERVICES



Bacon is Julia's biggest vice

PEOPLE Like many people, actress Julia Louis-Dreyfus admits she struggles when it comes to maintaining her weight, people.com reports.

"I have to work at not being fat," the former Seinfeld star, 48, tells Shape.

Balance between indulgence and discipline helps her stay slim — and sane.

She admits to keeping a stash of chocolate in her desk, and says "My biggest food vice is bacon ... In fact, I don't keep bacon in my house — that would be way too tempting."

METRO NEWS SERVICES

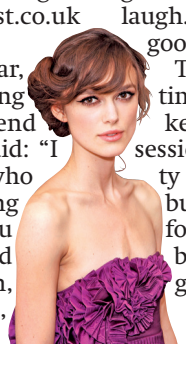
Must love shoes: Keira

PEOPLE Keira Knightley is attracted to men with good shoes, femalefirst.co.uk reports.

The Duchess star, who has been dating actor Rupert Friend for three years, said: "I go for someone who is a little brooding and somebody you can have a good conversation with, a good fight with, who will always keep you guessing and make you laugh. And he has to have good shoes."

This isn't the first time Knightley has spoken about her shoe obsession. The British beauty previously revealed buying expensive footwear is one of her biggest extravagances.

METRO NEWS SERVICES



Marilyn and Evan back on?

RELATIONSHIP Marilyn Manson and ex girlfriend Evan Rachel Wood have sparked speculation they're back together after the rocker was reportedly overheard calling the actress his "girlfriend," femalefirst.co.uk reports.

The pair was allegedly spotted leaving the W hotel in Los Angeles together before Wood's appearance at the Oscars on Sunday.

According to Page Six, Manson emerged from the building first and "said he was waiting for his girlfriend." They then climbed into a car together.

METRO NEWS SERVICES

Jonas Brothers love Rick Astley and Prince

PEOPLE The Jonas Brothers are obsessed with Rick Astley, femalefirst.co.uk reports.

The musical trio are big fans of the '80s British singer and regularly cover his most famous hit.

Kevin Jonas said: "A big one for us that we sing all the time is Rick Astley's Never Gonna Give You Up. Have you ever seen him, by the way? His voice does not match his body."

The band — which also features Nick and Joe — also revealed they are desperate to win a Grammy Award and dream of touring with Purple Rain singer Prince.

Kevin added: "I think to perform with Prince would be incredible. I think that would be one of the best things of all time."

METRO NEWS SERVICES

Anne and Jen's war of words

FEUD Looks like a little quip may have gotten Anne Hathaway a new nemesis: The Rachel Getting Married star was overheard joking to friends, "I'm like Jennifer Aniston. I pick the wrong guys," according to the National Enquirer.

When word got back to Aniston about it, she was reportedly less than pleased:

"Say what you like ... I've never dated con men or criminals," Aniston is said to have said, referring to Hathaway's ex-fiancé, an Italian businessman snagged by the FBI last year.

METRO NEWS SERVICES

The Weather Network 20 YEARS
TWN incorporates MSC data

Today Mainly sunny 4° / 1°
Friday Showers 60% 7° / 1°
Saturday Partly cloudy 9° / 1°

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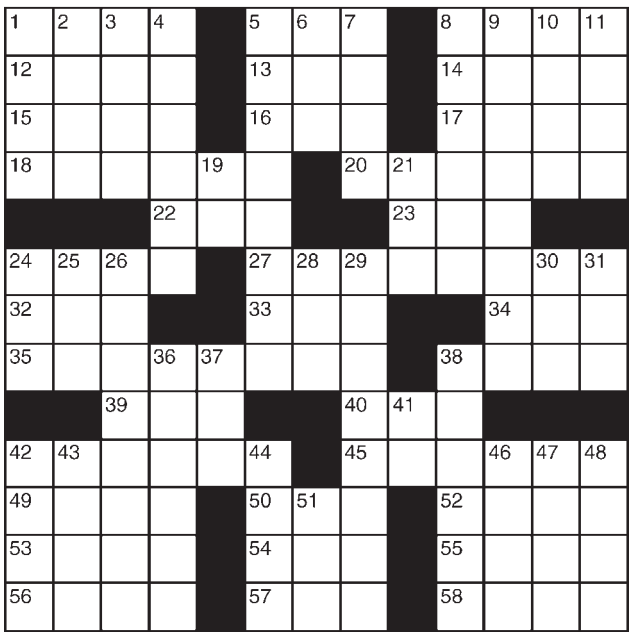
Take Five



Crossword across

1 Send forth
5 Grier or Dawber
8 Feds
12 A-line creator
13 Mimic
14 Wash
15 Con
16 Revolver
17 Curved molding
18 Unhealthful atmosphere
20 Ascending
22 Heavy weight
23 Tasseled topper
24 Hipsters' jargon
27 Engrave
32 Oklahoma city
33 Peeples or Vardalos
34 Gist
35 Overwhelming
38 Predicate part
39 Exist
40 "Eureka!"
42 Money-back deal
45 Tidbit
49 Object of worship (Var.)
50 Bill's partner
52 Nastase of tennis lore
53 Teller's companion
54 That girl
55 Have coming
56 Vortex
57 Raw rock
58 Colouring agents

Crossword down

1 Mild yellow cheese
2 Revealing fashion
3 Greek vowel
4 Sad, on the Seine
5 Violin virtuoso Niccolo
6 "Simpsons" storekeeper
7 Carte
8 Brooding, angry look
9 Periodical
10 Always
11 Requisite
19 Collins of "MADtv"
21 Cpl.'s subordinate
24 Boxing tactic
25 Altar affirmative
26 Tramp
28 Diarist Anais
29 Native American leader
30 Plant sticker
31 Recede
36 "Beverly Hillbillies" role
37 Permit
38 Heterogeneous
41 Crooner Don
42 Mature
43 Supplemented, with "out"
44 Reverberate
46 Dispatch a dragon
47 Green land
48 Photog's choice
51 "— the fields we go"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5			3		9		
				7			4	8
				8	1	3		7
6	4				3		8	
				5				
	3		7				2	1
4		6	8	9				
8	1			4				
		3		2			5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	O	L	S	■	A	I	M	■	O	H	M	S
E	X	I	T	■	D	N	A	■	N	E	A	P
C	E	R	E	M	O	N	Y	■	A	G	U	E
K	N	A	V	E	■	■	S	H	I	E	L	D
■	■	■	I	N	C	A	■	A	R	M	■	■
J	A	P	E	■	O	V	A	L	■	O	H	O
A	L	A	■	T	R	O	U	T	■	N	E	W
B	E	L	■	U	N	I	T	■	H	Y	M	N
■	■	I	O	N	■	D	O	L	E	■	■	■
R	O	M	P	E	R	■	■	E	R	N	I	E
A	L	O	E	■	A	N	T	I	M	O	N	Y
F	I	N	N	■	C	O	W	■	A	P	S	E
T	O	Y	S	■	E	G	O	■	N	E	T	S

5	2	1	4	7	6	3	9	8
3	7	9	1	8	2	4	5	6
8	4	6	3	9	5	2	1	7
9	6	7	2	4	1	5	8	3
1	5	4	7	3	8	6	2	9
2	3	8	6	5	9	7	4	1
7	1	5	9	2	3	8	6	4
6	8	3	5	1	4	9	7	2
4	9	2	8	6	7	1	3	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Steak with Puttanesca Sauce

INGREDIENTS:
25 g (half a can) anchovy fillets, drained
2 tbsp (25 ml) low-fat milk
2 tbsp (25 ml) olive oil
1 red onion, roughly chopped
2 garlic cloves, crushed
1 red chili pepper, deseeded and finely chopped
12 oz (350 g) cherry tomatoes, halved
2 tbsp (25 ml) bottled capers, rinsed
1 tsp (5 ml) dried oregano
4 lean round steaks (about 4 oz/115 g each)

METHOD:
1. Lay anchovies flat in small dish, spoon over milk and leave to soak while you begin preparing sauce.
2. Heat 1 tbsp (15 ml) oil in large, ridged frying pan, add onion and cook gently 3-4 minutes until soft.
3. Stir in garlic and chili pepper, then add tomatoes, capers and oregano. Drain and discard milk from anchovies, roughly chop anchovies and add to sauce. Stir and cook gently 5 minutes or until the tomatoes are lightly cooked. Tip sauce out into bowl and set aside while cooking steaks.
4. Rinse out pan and reheat. Brush steaks lightly on both sides with remaining oil and season with black pepper. Place steaks in hot pan and cook over medium-high heat 2-3 minutes per side for rare or 4-6 minutes per side for medium.
5. Pour sauce over steaks in pan and heat through, then serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Share your secrets with a special person. Lessons are learned by a whining victim. Open your eyes to a pawn in a crazy game.

TAURUS
APRIL 21-MAY 21
Relatives are aware of an unexpected crisis. Common sense will disturb a scoundrel. Don't give up on any romantic thoughts.

GEMINI
MAY 22-JUNE 21
Take the time to make a sensational change. The final days of a business are looming. A mischievous guy gets a reward.

CANCER
JUNE 22-JULY 22
You're in the mood to listen to an adviser. This isn't the right time to say something stupid. Someone takes the path of least resistance.

LEO
JULY 23-AUG 23
Pay attention when something smells fishy. Rely on a phone call to correct a mistake. Refuse to lose sight of the truth.

VIRGO
AUG 24-SEPT 22
An overjoyed person reveals that something's up. Shocking events are caused by financial problems. A surprise phone call causes discomfort.

LIBRA
SEPT 23-OCT 23
Your denial of reality won't sit well. An obsession shows a different side of you. Your concept of freedom will surprise everyone.

SCORPIO
OCT 24-NOV 22
A stranger will appreciate your work. Let a good love change your life. Be rational, amusing, clever and cheerful no matter what happens.

SAGITTARIUS
NOV 23-DEC 21
A conman was hurt by your remark. An optimistic attitude develops after noon. A newcomer is delayed by an error.

CAPRICORN
DEC 22-JAN 20
Emotional people will need assistance. A wounded friend reminds you to forgive a woman. Pack up and move away from a sad situation.

AQUARIUS
JAN 21-FEB 18
The cause of a profitable disturbance is revealed. Wish for an excellent dream to come true. A loved one reveals your destiny together.

PISCES
FEB 19-MARCH 20
Absent-minded people irritate a stubborn fellow. You'll see that it's time to move on. Your energy level is speeding up.

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WARNING **TO VANCOUVER INTERNATIONAL AIRPORT TRAVELLERS!**

YVR IS GETTING RID of the experienced full-time wildlife control officers who prevent bird strikes – like the one in New York!

On March 1 the highly-experienced full-time wildlife control officers who patrol Vancouver International Airport to guard against birds striking aircraft will be replaced by new untested part-time staff – who have never worked at YVR in these positions before.

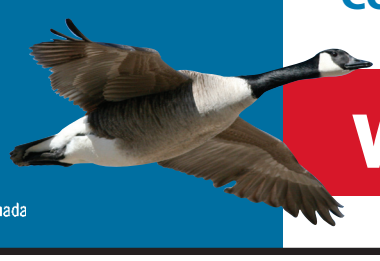
These untried workers will be armed with guns, controversial lasers and trained dogs — all to keep the millions of birds who fly around YVR each year from causing serious bird strikes like the one in January in New York that stopped both jet engines on an Airbus 320 carrying 155 passengers and crew — **forcing the shocking crash landing in the Hudson River.**

Tell YVR that you don't want them taking chances with air safety — tell them to re-hire the experienced full-time wildlife control officers who have kept the airport safe for the past 18 years.

Why is YVR getting rid of the experienced wildlife control officers? Airport management says it has nothing to do with cost but the decision was made after the officers decided to join a union. And the new firm chosen to replace them refused to hire any of them at their old jobs, **preferring to hire part-timers at lower wages!**

The issue isn't the workers right to join a union — **it's air travelers' right to fly safely in and out of Vancouver International Airport** — one of North America's busiest airports — and one that needs the best possible wildlife control to prevent bird strikes.

Send a message to YVR management — **TELL THEM AIR SAFETY COMES FIRST.**



www.KeepYVRsafe.com

A MESSAGE FROM THE CURRENT WILDLIFE CONTROL OFFICERS AND THEIR UNION.

PSAC AFPC
Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

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